









MS. Cap. I

2877/A ✓

STC 14972

GOUROT

1576
The regiment

of life, wherevnto is

added a treatise of the
pestilence, with the Booke

of childzen, new

ly corrected

and

enlarged by Tho-
mas Phaïre.

Printed by
William Iamnes

London



wordes

A man of wordes is not of doothes.
It likes a garden full of wordes.



As my



43756

~~A man of wordes~~

The p̄face to the booke of children.



Although (as I doubt
not) euery good man wil en-
terprete this wooꝝke to none
other ende, but to be for the
comfort of them that are di-
seased, and will esteeme no
lesse of me by whom they profite, than they
will be glad to receiue the benefites. Yet
fozasmuche as it is impossible to auoide the
teethe of malicious enuy. I thought it not
vnnecessary to p̄uent the furies of some,
whiche are euer gnawing and biting vpon
them that further any godly sciences. To
those I protest, that in all my studies I ne-
uer intended nor yet doo entende to satis-
fie y^e mindes of any suche pikesautes (which
will doo nothinge but detract and iudge o-
ther, smutting at all that offendeth the na-
ses of their momishe affections, holwe soe-
uer laudable it be otherwaies:) But my pur-
pose is here to doo thein good that haue
mosse nede, that is to saie, children: and to
shewe the remedies that god hath created
for the vse of man, to distribute in englishe
to the y^e are vnlearned, part of the treasure
that is in other lāguages, to prouoke them
A.ii. that

A p̄face

that are of better learninge; to vtter their knowlege in suche like attemptes: finally to declare that to the vse of many, whiche oughte not to be secrete for lucre of a fewe: and to communicate the fruite of my labours, to them that wil gentilly and charitably receiue them, whiche if any be so proude or supercilious, that thei immediately wil despise, I shall frendly desire them, with the wordes of Horace: *Quod si meliora nouisti, et audius impari, sinō, hīs utere mecum*, If they know better, lette vs haue parte: if they doo not, why repine they at me: why condemne they the thinge that thei can not amende: or if they can, why dissimule they their cunnning: how long wolde they haue the people ignorant: why grutch they physicke to come forth in Englishe: would they haue no man to knowe but onely they: Or what make they them selues: Marchantes of our liues and deathes, that wee shuld bie our health onely of theim, and at their prices, no good phisicion is of that minde. For yf Galene the prince of this arte beinge a Grecian wrote in the Greke, kinge Auicenne of Arabie in the speache of the Arabians: Plinius Celsus, Serenus, and other of the Latines wrote to the people in the Latine tongue: Marsilius Ficinus (who al me assent

to the Reader.

assent to be singularly learned) disdained
not to write in the language of Italy: gene-
rally if the entent of all y^e ever set forth any
noble study, haue been to be read, of as ma-
ny as wold. What reason is it, y^e we shulde
hether nether here amonze a fewe, the
thing that was made to be common vnto
al: Christe saith: So manne lighteth a can-
dell to couer it with a bushell, but setteth it
to serue euery mans nede: And these go a-
bout, not onely to couer it when it is ligh-
ted, but to quenche it afore it be kyndled
(yf they might by malice) whiche as it is a
detestable thinge in any godly science: so
me thinketh in this so necessary an arte, it
is exceeding damnable and diuelishe, to de-
barre the fruition of so inestimable benefi-
tes, which our heauenly father hath prepa-
red for our cōforte and innumerable vses,
wherewith he hath armed our impotent
nature agaiſt the assautes of so many sick-
nesses: wherby his infinite mercy & aboun-
dant goodnes is in nothing els more appa-
rantly confessed, by the whiche benefites,
as it were with masse sensible argumētes,
spoken out of heauen, he cōstraineth vs to
thinke vpon our owne weaknes, & to know-
ledge, that in all fleſhe is nothing but mise-
ry, sickness, sorowes, sinne, affliction, and
A.iii. death,

A preface to

death, no not so muche strength as by oure
own power, to relieue one meebre of our bo-
dies diseased. As for y^e knowledge of medi-
cines, cōfort of herbes, maintenauce of
health, prosperitie & life, they be his benefi-
tes, & procede of him, to the end y^e we shuld
in cōmō helpe one an other, & so liue togi-
ther in his lawes & cōmandementes: in the
which doing we shall declare our selues to
haue worthily employed thē, & as fruitfull
seruañtes, be liberally rewarded. Other-
wise, vndoubtedly y^e talente whiche we haue
hiddē shalbe digged bp, & distributed to thē
that shall be more diligent: a terrible con-
fusion afore so hie a iustice, and at suche a
courte, where no wager of lawe shall be
taken, no proctour limited to defende the
cause, none exception allowed to reprove
the witnes, no counsell admitted to qualifie
the gloses, y^e very bare certe shall bee there
alleged. *Cur non posuisti talentum in senus?*
Why hast thou not bestowed my talent to
the hauntage. These and suche other exam-
ples, haue enforced me bringe oftentimes
exercised in the study of phisike, to deriue
out of the purest fountaines of thesame fa-
cultie, suche holsome remedies, as are most
approued, to the consolation of them that
are afflicted, as farre as God hath giue me
vnderstanding

of Life.

Understanding to perceiue: folowing therein
not only the famous and excellēt. authours
of antiquitie, but also the men of highe lear-
ninge nowe of oure daies, as Banardus,
Fuchsius, Ruclius, Busa Campegius, Se-
bastiā, of Austrik, Otto Brunfelsius, Leo-
nelus. &c. wth diuers other for mine oportuni-
tie, not mitting also y^e good & sure experimē-
tes y^e ar found profitable by y^e daily pzactise.
And where as in the regiment of life, which
I translated out of the frenche tongue, it
hath appeered to some, more curious than
needeth, by reasone of the straunge ingre-
dience, whereof it often treateth: We shall
know that I haue in many places amplifi-
ed thesame, with suche common thinges as
may be easily gotten, to satisfie the mindes,
of them that were offended: or els conside-
ring that there is no money so precious as
helth, I wold think no spice to bere, for mai-
tenance ther of. Notwithstanding I hope to
see the time, whan the nature of Simples
(whiche haue been hitherto incredibly cor-
rupted) shall be reade in Englishe, as in o-
ther languages: that is to saie, the perfect
declaration of the qualities of herbes, sedes,
rootes, trees, and of all commodities that
are here amongst vs, shall bee earnestlie
and truely declared, in our owne native

A pzeface to the reader.

speche, by the grace of god. To the whiche
I truste all lerned men (hauinge a zeale to
the common wealch) will apply their dili-
gent industries: surely for my part, I
shal neuer cease, during my breath,
to bestowe my labour to the fur-
theraunce of it (till it come to
passe) euen to the vtter-
most of my simple
power. Thus
fare
ye well gentill
readers.



There beginneth the Rege-
ment of life, and first of the
nature of mans body.

The humours whyche be in nature,
and how they are deuyded.



He body of man is
compacte of foure hu-
mours, that is to saye,
bloud fleume, Choler,
and Melancoly, whyche
humours are called the
sonnes of the Elementes
because they be complexioned like the foure
Elementes. For lyke as the ayre is hote &
moist: so is the bloud hote and moyste. And
as fier is hote and dry: so is cholere hote &
dry. And as water is colde and moyste: so is
fleume colde and moyst. And as the earth is
colde and dry: so melancoly is cold and dry.
Whereby it appeareth, that there bee nure
complexions. Wherof. iiii. be simple, that is
to wete hote, colde, moist, and drye, and. iiii.
complexions compounde: that is, hote and
moist, whych is the complexion of the aire
and of bloud. Hote and drye, whyche is the
complexion of the fier, and of choler. Colde
and moyst, which is the complexion of the
water

The Regiment.

water and of fleume: and cold and dry, that is the complexion of earth and of melancholy. The ninth complexion is temperate, neither to hots nor to colde, nor to moyste nor to dry, whych is yet a thyng very seldome seene among men after the phisicians, the sayd four humours gouerne and rule euery one in his place, and enduce men to be of the complexions folowynge.

The complexions of the Fleumatyke.

If come enclyneth a man to be. Mel-
fourmed. A sleaper. Dul of vn-
derstanding. Full of spattel.
Full of colour.

The complexions of the sanguine.

Blood causeth one to bee . Full of
fleshe. Liberall. Amiable, Curteis
Very, Inuincible. Bolde. Le-
cherous. Of redde colour.

The complexions of the Cholerike.

Holer causeth a man to bee. Hasty.
Enuyous. Couctous. Subtil. Cru-
ell. A watcher. Prodigall. Leane,
and of yelowe colour.

The

of Lyfe.

The complexions of the Melancholyke.

Melancoly maketh one. Solitarie.
Softespirited. Fearefull. Heauy
Curious. Enuious. Couetous.
Blacke of colour.

These be the foure humours wherof the
bodies are compounded, and euery one of
them hath a speciall dominion in respect of
al the other, accoꝝding to the age, that is to
say, from a mans natiuitie, tyll he come to.
xxx yeares, the bloud hath moste power, &
from that tyme to the yere of hys age. xxxv.
reyneth the choler, for then commeth heat
into the baynes, and the choler begynneth
to aryse and be strōg. Then commeth mid-
dle age, and byngeth forth melancholy, an
humoure colde and dry, and hath his indu-
rance til fifti yeares, or therabout, at which
time all the humours begynne to dymynish
and the naturall heate by littell and lytle
doeth abate. And then succedeth old age vn-
to death, in the which age phlegme hath the
principal power and dominion. Wherfore
it shalbe necessary for all that be of that age
to comforte their bodies with some natural
heate and meates of good nourishinge, as
volkes

The Regement.

polkes of egges porched, good and younge
fleshe, wheate bread, and good wyne, and al
suche thynges as ingender a good bloude &
spirites, wherof we entende (by the sufferace
of god) to declare the moze aboundatly here
after.

There foloweth the description of inwarde
and outwarde diseases, with the moste hol-
some and expert remedies for the cure
therof, appropriate to every mem-
ber thron ahe out the
bodye.

**The firste Chapiter, of the sicknesse
and remedies of the hedde.**

Hedde ache chaunceth often times of
diuers and sondry causes, as of bloud
cholere, fleume, or melancholie, or of
ventositie, and sometymes of heate of the
sunne, or of to great colde of thaire.

**We may knowe hed ache when it cometh
of bloud, for in the face and eyes there ap-
peareth a darke rednes, pricking, and heat-
nes with heate.**

Remedye.

**We must let him bloud on the hedde bein,
on that side that the peine is on, then lay v-
pon the place oyle of roses, Vineger, & rose
water**

of Lyle.

water, or a baggwe with roses sprinkled w
role water. And here is to be noted, aswel in
this cause as all ether, that if his bellye bee
harde and bound, first ye must geue him an
casse Clister, or els halte an ounce of Cassia
newly drawe out of the cane, or some other
casse iacative to prouoke the diuetye of the
wombe, els all applications of medicines,
wyl be nothyng woorth at all.

One maye knowe head ache that proce
deth of choler, when in the face there is a
cleare rednes, enclining somewhat toward
yelow, holownes of the eyes, and the mouth
drye and hote: and some tynes bytternesse,
small rest, great heate wyth sharpe peyne,
chieslye on the ryght syde of the head.

Remedye.

Ye muste geue him mozte and euen to
drynk, sirupe of violettcs, or pomegranades
wyth a meane draught of endyue water in
a glasse, or of cummyu water scedd and co
led againe. And in steade of these syrupes ye
may drynke water of endyue, succory, purs
lane, and Penuphar myngled together, or
one of them by themselves, two or thre daies
at eueninge and mornynge. Then geue a
dramme of Pillule sine quibus, at night to
bedwarde, or aboute mydnyghte, and y day
folowynge kepe you in your chaumber. In
bede

The Regement.

stedde of those pylls, it is good euerye morning to take an houre afore sunne, a medicine to drynke, that shalbe made of halfe an ounce of Succo rosarum, mixte wyth two ounces of water of endiue. In stedde of the sayd Succo rosarum, ye may take halfe an ounce of Diaprunis laxatiue, and ye muste take hede in geuing suche purgacions, that the payente be stronge, for if he be weake, ye may geue hym but the halfe of the sayed pylls or of the other laxatyues. And if in diminishing the quantitie of the sayd medicines, it worketh not wyth the payente as it should, it is conuenient to geue hym a common glister.

¶ Another remedy for the same payne.

Ye must lay thereon a linnen cloth moistened in rose water, plantayne water, mozell water, and vineger, or els take the iuyce of lettuce and roses, and a little vineger, and warme it together, and dyppe therein a linnen cloth, and laye it to the payne.

¶ Another.

Ye must take the whytes of .ii. egges wth rose water, and beate it well together, and with tolwe or flaxe, lay it to y^e greued place. Also ye muste haue hys head, and mylke thereon womans mylke, that nouryshe the a
wenche,

of A lfe.

Wenche, or washe his head with warme water, wherein haue bene sodde vine leanes, sage, floures of water lilies and roses. Also it is necessarie to washe his fete and legges with the saide water, so that the patient haue no reume: for if there be reumatike matters, ye ought nether to shauē his hed, wash his legges, nor to lay any colde thinge or moill to his head. We may know that fleume is cause of the pain in the head, when ye fele coldnes with greate heuinesse: specially in the hinder parte: when one spitteth often, and hath his face like sunne brened.

Remedy.

We must drinke. iij. or. iiii. morninges sirupe of Ricados with water of fenell, or sirupe of wormewood, with a decoction of sage and maioran. Then ye muste purge the head from the said fleume, with pillule cochie, and with pilles of agarici, or pillule auree made with one of the said sirupes, siue in a dramme, and take. iiii. or. v. at night to bedwardes, or about midnight. Or in steede of those pilles ye may take a potion in the morninge. v. houres afore meate, made of halfe an ounce of diacartamy dissolued in. ii. or. iiii. ounces of betonie. After that ye oughte to comforte the head, by wearinge of a coife, made of double linnen clothe, and
solwed

of Life.

Sowed like a cotten-quilt, wherein ye muste put floures of camomill, maioram, cloues, nutmigs, maces, graynes of Paradise and sinamome in powder, for suche thinges digeste the fleume, so that a purgation be geuen of the said pilles or of pilles assigarceth, or pilles of hierapicra, which ar not so laxative, as the other are.

After the saide purgation, ye must put in the nose of the pacient, powder of pellitory of Spain or other, to make him to nose. Also it is good to gargarise his mouth, with water wherein sage hath ben sodden, and then to annoint his head with oyle of lilies, camomill, or of rewe.

Beside this, it is good to geue the patient euery morninge to drinke, sagewine with water, to consume the fleume, and to comfort the braine and the sinewes. The saide wine is thus made.

Put a litle bagge full of good sage brused, in a quart of newe wine, and let it stonde so a night, then wring it out, and vse it. Suche wine of sage the inhabiteurs of Parise and France, vse to drinke after harueste all the winter longe.

When paine of the head proceedeth of melancholie, the pacient feelleth heuines of the head, and hath terrible dreames, with great
care

of Lpfe.

care and thought or feare, and hys peyne
is fpecially vpon the left fyde.

Remedy.

Take fyrup of borage, hartes tonge,
or fumitorye, wyth water of buglosse, &
hartes tongue, or wyth the decoction of
fage or tyne, for by thefe fyrupes ye fhall
digeft and correct the fayed melancolike
humoures, and wythin a whyle the peyne
will be releafed. And if it ceaffe not for
thefe medicines, after ye haue vfed. ii. or
thre. daies one of the fayed fyrups, or. ii. or.
iii. of them to gether, take a dramme of
pilles half auree and halfe fine quibus: or
els halfe of hiera and halfe of piller of fu-
mityre: or in ftede of pylles, ye may take
in the moorning fine houres afore meate.
iii. drammes and an halfe of dialene, tem-
pered in water of borage or hoppes, or in
the decoction of fage, likorye, great re-
fyns, and cordial floures and frutes. Head
ach cometh of toynde or ventofitie, when
the patient thinketh y he heare h founde
or noife in hys head, & the peyne is fytter
ring from one place to an other, without
heupnes or dyfcendyng humoures.

Remedy.

B. i.

Lape

The Regiment.

Laye into hys head hotte linnen clothes, and make a bagge of gromell sedes and baye salte dyed together in a pan: so procede wyth stronger thynges, if nede require, as in bagges made of maioram, rose marve, rewe, barberies, and iunperberies layed to the payned place: or wyth the decoction of the forsayde thynges, make somentacion or embrocation vpon hys head.

An other remedye.

We must take oyle of Camomyll, oyle of Dyll or lylpes, and annoynte the head wyth one of them. or with .ii. or .iii. or al together. If that helpe not, take oyle of Rue Spynke, and of Castor, and annoynte it therewith: and adde thereto a lyttle pepper, and mustarde seede, yf ye would haue it sore chased or hette. Also it is good to drawe bp by the nose, water of honye, the iuyce of maioram, and of Fenelle, or manifested with a Putnigge & Lignumi aloes.

Rasis a greates practitioner among Physicians sayeth: that whosoever oftentimes putteth into hys nose the iuyce of maioram, shall neuer bee diseased in the head. I thynke he meaneth of the great
Maiozam.

Masozam. If payne of the head come of heate of the sunne; ye must applye to the places diseased, as it is sayed in the remedies of cholere.

But yf the sayed payne procede of coldnesse of the ayre, then vse it as it is sayd afoze in the remedies of strume.

Here foloweth a regiment agaynst all dyscasses of the heade.

The pacient that is diseased in the head, whether it be of bloud, or of cholere, may not drynke wyne, nor rate muche fleshe, whete meates, nor thinges that geue any great nourishment. But muste bee contented to drynke pisan, barleye water: or iuleppe of roses, and to eate rolled apples, damaske pries almond milke, hulled barley, and porrage made wyth lettuce, fozell, purselane, in broth of peason, or with a chicken or boale if the pacient be feble.

When payne procedeth of a colde humoure, the pacient oughte to drynke no wyne in thre of the fyfte dayes, but to drynke onely pennye ale, or suche smalle

B.ii.

drynke

The Regiment.

drynke, for althoughe the wyne bee very comfortable, as concernyng naturall heate, yet it is contrary and hurtefull vnto the spirites anymall of the brayne and also of the synewes.

And the pacyente oughte what payne soeuer it bee of the heade, to forbear all vaporous meates, as garlyke, onyons, leekes, pease, beanes, mutes, mylke meates, spyes, mustarde, great colewortes, salte meates, and meates of yll digestion. Also he muste absteyne from slepe of the daye, and after supper by the space of two houres.

Tranaple of the mynde is verpe contrarpe, beecause of the commotion that happeneth vnto the lyuely spirites, which are instrumentes of vnderstandyng, as Auicen that noble Physician sayeth in the chapiter de soda temporali. Nihil est adeo conueniens sode temporali, sicut tranquillitas et dimissio totius quod commouet sicut sunt fortes cogitaciones. &c. There is nothyng that is so couenient for the meigryme, as tranquyltye and reste, and let all thynges passe that moue the vertue anymall, as great musynges and al labour
of

of Lyfe.

of the spirytes. And chyeſly one ought after dynner to kepe hym from all thynges that trouble the memoꝛye as ſtudeynge, reacyng, wytyng, and other lyke.

And foꝛ the better bnderſtanding of the ſyckenes chauncyng in the heade, ye ſhall knowe, that ſome tyme it chaunceth bee- cauſe of other dyſeaſed members as of the ſtomake, oꝛ of the mother of the reu- mes, of the liuer, oꝛ of the ſplene, and not of any cauſe in the head it ſelfe. Therfoꝛe ye ought to cure ſuch ſyckenes by helping of theſame members, as it ſhalbe ſhewed in the chapters folowynge.

And ye may knowe, that the head ache commeth of dyſeaſes of the ſtomake when the patient hath greate payne at the ſto- make. Of the mother, when the woman ſeleth great payne in her belly.

Of the reynes, when there is a greate payne in the backe. Of the ſplene, when he ſeleth payne and heuynelle there aboute bnder the lefte ſyde. Of the lyuer, when the payne is on the ryghte ſyde, aboute the liuer, whych is beneth the rybbes.

Remedies appropriate to the head,
of what cauſe ſoeuer the pain be.

B.iii. Take

The Regiment.

Take an handfull of Betony, an handfull of Camomyle, and an handfull of beruayne leaues pyked, stampe them and seeth them in blacke worre, or in ale for lacke of it, and in the latter ende of the seething, put to it a lyttle comin brayed, the poudre of a hartes horne, and the yolkes of two egges, and saffron a litle, stirre them wel about, and lay a plaister hote ouer all hys fozeheade and temples. This is an excellēt remedy also for the meigremie. It shall perce the better if ye adde a lyttle vineger.

An other.

Take a plaister of beane flour, linseed, and oyle of Camomile, or in lacke of it, goose greese, or duckes grece, and rubbe the place with Aqua vite, and after lay the plaister hote vpon it.

An other.

Take a sponnefull of mustarde seede, and an other of baye berries, make them in poudre, and stampe them with a handfull of earth wormes, splite and scraped from their earth, and a litle oile of Roses, or of Camomile, or Capones grece, and laye it on the greife.

of Lyle.

Also it is good to take the iuce of Iuie
leaves myrte with oyle, and vineger, and to
rubbe therewith your temples, and your
noſethylles.

Also the cheſtwozmes that are founde
betwene the barkes of trees, whypche wyll
tourne themſelues together like a beade
when they be touched, if they be taken and
ſodde in oyle, it maketh a ſingular opite-
mente for the megrime.

The ſeconde Chapter, howe to
cure dyſeaſes chauncing
in the face.

Firſte as touching a diſeaſe cal-
led Gurta roſacea, or copper
face in Engliſhe, it is an excel-
ſiue redneſſe aboute the noſe, or
other places of the face commynge of
brente humours or of ſalte ſleume, which
cannot be holpen, if it bee rooted and olde.

Kenedye for the ſame

if it be curable.

The Reglment.



Y must geue hym a purgaciō,
as is sayed in the peyne of the
head, commyng of the cholere
then dyppe linnen clothes in
Alume water, whypche shalbee made thus.
Take a pounce of Alume glasse, the iuice
of Burcelane, of Plantaine, and veriuce
of grape, or crabbes, of eche a pynce and a
halfe, wyth the whytes of twentye egges,
and beate them well together wyth y^e sayed
iuice, then mixt all together, distill it in a
common stillatorye, and keepe the water
for the vse agaynste all pimple, scurfes,
wheales, chafynge, and heatcs y^e chaunce
in the skynne. The clothes dyppe as is a-
foresayed, must be layed to the rednes, and
oftentymes renewed wyth other fresh clou-
tes dyped in the same.

Another remedye.

Take lytarge of syluer, and Brym-
stone, of eche lyke muche, and seethe
them in rose water and byneger, and
then wyth a linnen cloute wette in the
sayed byneger, lay it to the soze.

Remedye

Remedy to pallyfie the copped
face that is incurable

Make a bath with the floures of ca-
momil, violets, Roses, and flower
of water lillies, the anoint y place
with vnguentum album, Canphoracum,
and mixt that oinemente with a litle Pe-
low Brimstone, & quicksiluer killed with
fasting spire, and anoint the place withal.

A water for the same.

A water called lac virginis is very good
and Rose water mixte with Sulphur, oile
of Tartare, and oile of wheate. Also these
thinges are good for Letters, & other rug-
gednesse of the skinne. The said lac virgi-
nis clarifieth the face, and drieth by moist
pimples, and taketh away freckles of y vi-
sage, & is thus made. Take. iii. ounces of
Litarge of siluer fine poudred half a pint
of good whit vinegre, mixt them together
and distille the by filtre, or thzough a litle
bag, or by a pece of cloth. Then take of y
same water, and mingle it with water of
salte, made with one ounce of salt poudred
and halfe a pound of rayn water, or well
water, and mingle these waters together,
& it wil be white like milke, and with this
rubie

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rubbe the corrupt place. Some adde alitle ceruse with the litarge, which is good for all rednes of the face.

Here foloweth a generall dytche
for all copperous faces.

Abstain from al salt thinges, spiced, fried meates, and roasted meates. Also from drinke of wine, for it is very euill. Also onions, mustard, and garlick, are very nought. In steede of which, ye must take purslan, sorrell, lettice, horehound and borage, with succory or endiue, in porage, or otherwise. Also it is necessary to be laxative, and in sleeping, to lay your head hie.

For rednes of the face that is
not copperosed.

Take a pinte of goates milke, the crumes of one white lose hore, the white of sixe egges, tansere twoo braines, and the iuice of sixe citrons: mixe all these together with the said milke, then take all the three kindes of plantain, and put them in the still vnder the said drugges, and after it an other bead of the same. In sortes of plantain, and distill the with an easy fire as ye woulde distil rose water,

and

Of life.

and kepe it in a glasse vessel. And after, wh
daies take a white linnen cloth, and dip in
the said water, and lay it to the rednes.

Another for the same.

Water of lilies skilied, with the bloud
of an ore, and a little camphere is verpe
good.

For chopped or scabby lippes.

Anoint them with unguentum album
camphoratū, and if there be any corrupte
bloud or matter, ye muste washe the place
with water of plantain, wherein hath been
sodde a litle alum, afore ye put on the said
ointment.

For the same.

Unguentum de tutia and oile of yolkes
of egges, be veri good for it. Also it is good
to washe the place with plantain water,
and barley water together.

For cankers, blcotes, and

Poli me tangere.

If as muche as Poli me tangere
chanceth often in the nose, or about
the face, beginninge of a litle hard
and rounde kernell or knobbe, and full of
paine, declyning towarde a pale and lea-
dy couloure, ye may iudge that discafe be-
ry peri-

The Regiment.

ry persons, not withstandinge it is good
to annoynte it as hereafter foloweth, and
also to applye thereto other remedies, as
thus.

Take unguentum album two or three
ounces, the iuyce of plantaine and night
shade, of eche halfe an ounce. Tutie the
weighte of halfe a crowne, mingle them to
gether, and make an oyntmente whiche
is good for the same disease.

For wormes in the face.

✓ **A**lthough that wormes in y face may
not be had out, but with great diffi
culty: and by long proces, because of
the cold humour, wher of thei come, neuer
theles, forasmuch as oftentimes thei hap
pen vnto poore folkes, here shalbe recited a
receipt proued for the same disease, whiche
is an ointmente of a singuler operacion,
and is thus made.

✓ Take the leaues and rotes of lekes, iuyce
them altogether, and take thereof a pinte
and a halfe, and put it in a glasse: with an
ounce of pouder of pellitory, and a scruple
of verdegrece, and stirre them altogether,
and euery daie bath the saide wormes and
wheales, with cotten moisted in the saide
iuyce,

Of Lise.

layce, and stirre it often in the glasse: this
is good also for wormes in any other me-
bers, and breeding in the sicknes called in
France, the kinges cuill.

A purgacyon whyche ye oughte
to take befoze the sayd

bathynge.

TAke half a dramme of good turbithe
and a scruple of giger, half an ounce
of suger, & a litle white wine, mixte,
altogether, and drinke it in the mornynge
twise a weeke warme, and renewe it every
thre weekes.

For an ulcered face through

wormes.

Ye must first mundifye the dead fleshe
with bnguetum Egiptiacum, or the pou-
der called precipitatus, and for the perfect
curacion, ye must drie it wel, wherefoze it
is good to wash the place often with alumi
water, and put therin linte, and if there be
great moistenes at the tyme of desiccation
ye must dippe the same linte in bnguen-
tum apostolorum or ceraseos, with a litle
of the ointmente that solowethe, whiche
ye may safely apply from the beginning
to the ende of the cure, for it hath ver-
tue to

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to clense and incarnate, with gentle mundificacion and drying.

A synguler oyntment for
wozmes that matter

Take oyle of Lillies, oyle of linsede ana, ounces. iii. oyle of Roses, oyle of Pirtilles ana, ounces. ii. A largeth of golde and siluer, and redde lead, ana, one ounce diaquilon white with gummes. iiii. ounces, Goates tallowe, Hogges grece, of eche. ii. ounces and an half, blacke pitch and colophonie, of eche two ounces, of the iuyce of houndstong. iiii. ounces. Seeth altogether til thei be blacke, and the iuyce be clene consumed, then straine it through a thicke canuase, and after seeth it agayne tyll it bee exceeding blacke in coloure, and then adde to it cleare turpentine. iii. ounces gumme opponar. ii. ounces and an halfe, white ware as muche as shall suffyse to make a plaister not ouer hard, and put the turpentine and opponar in, when ye take it from the fire. This is an excellent plaister also both for woundes and vlcers.

For the same.

It is verve good to laye vpon them the herbe called houndstong stamped with a
little

Of lyfe.

little hony.

Regemente or diete for the
same sickenes.

The patiente in all diseases of the face
musste endure hunger as much as is possi-
ble, & eate not much at once. Also he musste
holde his head vp righte, and sleepe not on
hys knees, nor elbowes, nor with his face
bowed down. Also he must forbear much
laughyng, speakinge, and great anger.

For the eyes.

Hereafter foloweth diuers medicines
for the eyes, whiche are the windowes of
the minde, for bothe ioye and anger, and
the mooste of oure affeccion, are seen and
openlye knowen through them, and they
are ordained and made to lighten al the
body, wherunto nature hath geue browes
and eye liddes, to defende them and keepe
them in safetie, and the better to resiste
things contrary and hurtfull vnto them.

Yet notwithstandinge, beside many o-
ther chaunces, there happeneth sometimes
a debilitie in the sight, which must be hol-
pen as hereafter foloweth.

Take fenel, berueine, celidone, rue, cic-
bryghte and roses, of euerye one of them a
lyke

The regiment

like muche, and distyl them as ye woulde
distill rose water, and vse a litle therof in
your eyes, both in the morning, and when
ye goe to bed.

A water proued to clarifye
the dynmelle of the
sight.

Take the iuyce of fenell, of celidonie,
rue and eyebright, of eche two ounces, ho-
mie an ounce and an halfe, aloes, turie,
and sarcocolle, of eche halfe an ounce, the
gal of a capon, chickē, or cocke two dram-
mes: Puttingges, cloues, and Saffron, of
eche a dramme, sugercandie sixe drames,
put all in a limbke of glasse, and distill it.
And of this water put in your eyes once in
the daye. And yf ye could get the liuer of a
hie goate, and myre with the said thinges
in the distillation, that water will be of
much greater vertue and almost without
comparison.

For the same.

Ye must vse every daye to eate Puttes
miggēs, and to take once in a weeke, a mi-
rabolane condite.

For the same.

Take a Pie and burne her, and beate
her

of Life.

her to powder, and mingle it with fenell water, and put it in your eyes. Also water of ponge Eyes stilled, is very good. Like wise water of rotten apples, put two or three droppes in the eyes helpeth verie much.

A singuler water for diseases in the eyes: and to clarifie the syghte.

Take the grene walnuttess, huskes and all from the tree, wyth a fewe walnut leaues, and distill therof a water to drop with in your eyes.

Pylles good for the syghte.

The pylles sine quibus, asswageth with trosciskes of agaryke, and pillule lucis, are excellent good to pouge the brayne, and comfort the syghte.

For peyne of the eyes.

Some tymes peyne of the eyes cometh of blood, and then the veynes of the eyes are redde and swollen, wherfore it is conueniente to be lette blood of the head vein on the syde where the peyne is.

For bloudshoten eyes.

The blood of a Stockedoue, or in lacke

C.i. of

The Regiment.

of it an other Doue or pigio, dropped a litle in the eie, and a wette cloute there of layed vpon the same, heale the bloudshotte eyes whether it bee of stroke, or any other cause.

Some tyme the sayed payne cometh of Cholere, and then the paynente feelthe greate heate, sharpe prickinge, and muche peine, and commonly there appeareth no gumme in the eies, and if it dooe, it is yelow. Therefore ye ought to geue hym a purgacyon purgynge Cholere, as hath been sayed in the remedye of the hedde, procedynge of the cause of Cholere.

For Swelling of the eyes.

Take a Quince and seeth it in water tyll it bee softe, then pare it and bruse it, and mire it with the yolke of an egge, and the crommes of wheaten or whyte breade steeped in the sayed water, and putte therto a litle womannes milke, and two penyworth of Saffron, braye them all together, and laye it ouer the foreheadde and the eies. Sometimes such peines chance because

because of fleume, and then the patient
feleth greate heupnes in his eies, with a
boundaunce of gummie matter, or water
descending into the eies. And in this case,
ye muste purge the fleume, as it hath ben
saied in the remedie of the hedde, greued
by the excesse of fleume.

To resolue the gummie, ye shall vse to
washe your eies often times with the iuice
of houlcke, other wise called Senegrene.

And sometimes the same pain cometh
because of ventositie or wynde, and then
the patient feleth suche peines, as if
one beate on his eare with an hammer, for
whiche it is good to make a decoction of
camomile flowers, mellilote, and fenell
seede, in water and white wine, and there
in wette a fower double linnen clothe,
and the licoure well pressed oute, laye it
often vpon the eie.

Other whiles there chaunceth paine of
the eies, because of exterionre thinges, as
of winde, duffe, or heate of the Sunne, and
then it is meete to laye thereto womans
mylke, well beaten, wyth the white of an
egge.

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And sometyme the sayd payne cometh by percussio or strykyng, and then ye must droppe in the eye, of the bloud of a pigeons wyng, or of a partriche, which blod hath lyke vertue to take awaye spottes, markes, and rednes of the eyes.

For very greate payne of
the eyes.

Take an ounce and an halfe of oyle of Roses, the yolke of an egge, and a quarter of an ounce of barlye floure, and a lyttle Saffron, mire all together, and put it betwene two linnen clothes, and laye it to the payne.

An other.

Take of crummes of wheaten breade whyte, an ounce, and seeth it in nightshad or mozell water, then mire wyth the sayed bread twoo yolkes of egges, oyle of roses and camomyll, of eche an ounce & an halfe muscilage, of limesede an ounce, and vse it as is aforesayed.

An other.

Take sixe leaues of henbane, and roste them, then beate them very well in a mortar, and laye them to the payne.

For rednes of the eyes.

In

of Lyfe.

In the beginning of the rednes lay vpon the eyes towe, dipped in the whyte of egges, but let the whites be well beaten first w rose water, oz wyth plātayn water.

An other.

Take redde roses, and seeth them, and let them be set warme to your eye. Thys taketh away spottes of bloud, that some tyme chaunceth in the eyes. Also it is good for all diseases of the eyes. And it is good for rednes of the eyes, that comethe by strykyng oz any such violence. If at any tyme there happen a spotte oz blemyshe in the eie by a stroke, ye must lay to it by and by towe, wet it in rose water, & in whites of egges, and after that the peyne be mitigate, ye muste lay a playster vpon the eye made of a raw egge. Barly floure, and the iuice oz muscilage of mallowes, and then if the eye be not holpen of the sayed bloud, ye must lay to it a playster both dissolutive defensiu, and partly appeasyng the peine whych must be made of whete floure, the iuice of Mallowes, Mintes, and smalache and the yolke of an egge.

Of hardenelle that hath been long in the eye.

C.iii.

Take

The Regiment.

Take a scruple of aloes, succotrin, and melte it in water of celidonie at the fier, then receiue the fume of it and afterwarde washe the eie with fenell water.

An other.

Take powder of cumine mixte with ware like a plaister and laie it vppon the eie.

An other.

Take roses, sage, rue, celedonie, of eche a like muche, with a litle salte, and distill a water, and putte thereof a drop or two in your eie euening and morning. In stede of that water, it is good to take iuice of Nerueine, rue, and a litle rose water.

For all rednesse of the eies.

Take the bignesse of a nutte of whyte coperoze, and a scruple of peros, and powder it, and mixe it with a glasse ful of well water, then putte two or three droppes in your eies.

For the same.

Water of strawberries made and putte in the eie is good.

A singuler powder that dyerthe
and takech away the red-
nes of the eies.

Take

MAke tutie preparate an ounce, and
 timonie halfe an ounce, perles. ii.
 drammes, red coral a dramme and
 an halfe, poudre all these thynges
 veri fine, and kepe them in a bore of tinne
 and vse it.

For to stoppe watring of
 the eyes.

MAke a playster of poudre of Ma-
 strike, sync frankensence, bole ar-
 momake, and gumme dragagante
 wyth whytcs of egges mirt together, and
 lay to the forehead and temples. Also it is
 good to set ventoses on y nape of the neck.
 Also it is good to make a colirie to put in-
 to y eies as foloweth. Take Tutie prepa-
 rat, & the stone called Lapis Hematites, of
 ech a dram, aloes halfe a dram, perles &
 camphore, of ech a Scruple, poudre them
 all very fyne, and mire them in thre oun-
 ces of water, distilled of the knops of ro-
 ses, and therof make a collirie.

Also for to stoppe all humours descen-
 dyng to the eyes, these thynges aforesayed
 are verye good mirted wyth rayne water,
 wherem olibanum or frankensence hath
 been sodden.

The Regiment.

For webbes of the eye.

It maye be easylie holpen in younge folkes, but in aged persons it is very hard. And in the begynnyng, ye must mollifie them with a decoction of the flowers of camomil, mellylote, and coole leaves, receyving the fume of the sayd decoction wythin the eyes, and then put therein a litle powder made with sugar candye, sal gemme, and egges shelles burnt, and afterwarde distill into them womans milke wyth the decoction of fenugreke.

An other singuler receipt for

webbes in the eyes.

Take snayles wyth the shelles on, and washe them eyght tymes, and distyll the in a common stillacowe, then take hares galles, redde corall, and suger candye, wyth the sayd water, distill them agayne, & put every mornynge and euening a droppe in your eye.

An other water.

This water is made of whyte copper ofe suger candye, and rose water, wth whytes of egges that are sodden harde, and streyned throughe a lynnē cloth, and put into your eye, after dynner, and all nighte to bedwarde.

of Use.

warde.

Regiment for the that haue
any sore eyes.

Ye must alwaye kepe youre bellie lose
and abstayne from fyre, smoke, wind, dust
and ouer hote or colde ayre, and from we-
pyng and long readinge of a small letter,
from ouer longe watchyng, ouer muche
drynkynge of wyne, and eatyng late, for all
these are very noysome to the eyes & sight.
Also all euaporatiue thynges, as onyons,
leekes, garlyke, mustarde, pease, and bea-
nes, are very daungerous. Ye muste kepe
your fete cleane and forbear h day sleepe.
Behold grene thynges, clere water, preci-
ous stones: and to kepe you fro longe hol-
dyng down your face, succoureth h syghte
berpe much, and is very good for the eyes.
Likewise vse meates of good and quicke
digestion, as to rate fenell often, and after
meate, take coriander comfites, prepara-
ted, and drinke not after them. But aboue
all kepe alwaye your handes, for the rub-
byng of them maketh them worse & worse

Remedye for diseases of
the eares.

Take

The Regiment.

Take oyle of roses & a litle vineger,
and put it into the eare, than make
a bagge of camomill and mellilote,
and lay it therunto.

For noise and sounding of
the eares.

Take pillule cochie, or fetide, because
sounde procedeth of ventosite or of flegme,
and before ye take the sayde pyllles, it is
good to drynke three ounces of fenell wa-
ter, twoo houres before meate, sower or
fyue dayes. After the operacion of the
saide pyllles, ye must dippe a tente in oyle
of ruc castor, or of salte, with the iuyce of
lekes, and often in the mornynge fastynge,
to holde his eare ouer the warme decocti-
on of Maiorain, Rue, wormwood, Camo-
mill, and Melilote.

For paine in the eares.

Goose grece with a litle hony swageth
the paines of the eares.

Also the Chest wormes sodden in oyle
of roses vpon hote ashes in the rynde of a
Pomegranate, and dropped in the
eares.

Item oile of almondes, speciallye of the
bitter almondes hote.

Item

of Life.

Item if there be water in the eares it
shalbe had out with a litle goose grece, &
the iuyce of onions.

Also yerth wormes with gose grese sod-
den, is good for payne in the eares.

Item an Adders hame sodden in wine,
and the eare bathed in it, and a litle therof
put into the payne is good to take awaye
the grieve, and it helpeth also to the eares,
that are runnyng with stinking matter &
corruption, but in that case ye must haue
boiled in the wine a litle mirre.

Regiment.

The pacient must eate and drinke litle
and sweate in bathes, or whote houses, &
sometymes to prouoke nesyng. He muste
forbeare garlike, onions, leekes, pease,
beanes, and nattes, nor drinke wine with-
out water.

For deafnes.

Sometyme there chaunceth deafenesse
by wynde, whiche is in the eare, the whi-
che causeth tyncklyng in the heade, and
then one muste putte a lytle aloes in hote
water or in whyte wyne, and distyll into
the eare.

Then putte a litle cuphorbium in pou-
der

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✓ der into his nose, to make him to nese and auoyde asmuche humours as ye can.

Some time deafenes cometh of fleume whiche when it is olde, is vncurable. But when it beginneth, it muste bee purged as hath been sayed in the remedy of the sound of the eares. The take pouder of baiberies and seeth it in oyle of lilies, & put it warme into your eare, and a lytle blacke wolfe to stop the eare wyth, that no ayre enter.

Remedy for stinking of the nose.

TAke cloaues, ginger, and calamynite of eche a like, and seeth them in whit wine, and ther wyth walthe thy nose.

After put in pouder of piretrum to prouoke you to nese. And if there be repletion of fleum in y head first ye must purge it with pilles of cochie, or of hiera picra.

Also if the cause of stinking com from the stomake first helpe the stomake, as shal be sayed hereafter in the remedies of the stomake.

Medicines for bledynge at the nose.

TAke a dramme of bole armontake washed, and mire it in rose water

Of Life.

oz plantaine water, and drinke it. Then binde the extreme partes as harde as ye may, and after make a tente of greeke nettles, and put it into his nose. Moreover, it is good for the patiente to hold in his hand egrimony, with the roote and al, & drinke the iuice of knotgrasse, and wythoute doubt the bloude shall staunche anone.

For the same.

Sette a boring glasse vpon hys lyuer, if the bloud come from the ryghte side, or on the splene if he blede on the left side, and lay vnto the stones a good quantite of tow or lynnē dypped in vineger, and for a woman, laye it vpon her brestes.

An other singuler medecine for to staunche bloud, and it is a thig experte of al the good practitioners.

Take swines dounge, euen as hote as ye can haue it from the swine, and when ye haue cleansed the congeled bloud out of y^e nose, wringe it through a cloute, and let y^e iuice perce into the syde, from whence the bloud commeth, and by the grace of god ye shall see it staunche anone. Moreover it is good to bynde the fete and armes as hard
as

The regiment

as can be suffred with a corde oz a lace, the stronger thei be bounde, the better.

Remedy for the tooth ache.

Payne of the teeth (as Galene saith) amongest other paynes that ar not mortall, is the most cruel and grievous of them all. It maye come byuerse waies, of a colde oz hote cause. If it come of a hote cause, his gummes are redde and very hote, wherfore it is very good to hold in his mouth water of cāphore, oz to seeth a litle camphore in vineger, and hold it in his mouth.

An other singuler remedy that taketh away al kindes of toothe ache, specially if it come of a hoate cause.

Take henbane rootes, and seeth them in vineger and rose water, and put the decoction in your mouth.

Remedy for tooth ache that cometh of colde causes.

Forasmuch as in such cases oftentimes there distilleth aboundance of water into the mouth, purge it with pillule cochie, & afterwards kepe in youre mouth warme wine, wherin hath bene sodden pellitory, mintes and rewe.

AN

Of Life.

An other remedie for the same.

Take sage, pellitory, and seeth them in vineger, and keepe it in youre mouth as hote as ye may suffer.

Another for the same.

Take pellitory, stauelacre, and þ three kyndes of pepper, of eche one part, macis, galingale, halfe part of the other, make a pouder, and with a litle white wine rubbe the teth, and then lay on the foresaid pouder where the payne is.

Another.

Take the middle barke of an elder, salt, and pepper, of eche a like miche: & stampe them together, and laye it to the sore teth.

An other remedie.

Take a litle cotton, and dippe it in oyle of spike, then put it on the sore tooth. If the tooth be hollowe, it is good to drawe it out: for it will euery daye waste whatsoeuer ye doe vnto it.

To make the teth white.

Take whyte marble, cuttle bone, white coral, sal gême, baifalt, mastik, & pilles of a citron, of eche like much, make them in very fine pouder, & rub þ teth therewith, euery morning.

And

The regiment

And afterwarde washe your mouth with white wine, wherein hath been sodden a litle camomill and dill.

For the same.

Take vineger of squilles and dippe a litle piece of cloth in it, and rub the teethe and gummies withall. The sayed vineger fastneth the gummies, comforteth the rotes of the teth, and maketh a swete bzeth.

An other remedye to make the teeth white.

Dissill a water in a lembike of two partes of sall gemme, and the third part of alume, and rub y^e teeth with a linnen clout dipped in the same.

To take away stinking of the mouth.

Ye must wash hys mouth wyth water and vineger, and chew mastpyke a good whyle, and then washe thy mouth with the decoccion of anise seedes, mintes, and cloues sodden in wyne. If the stinking of the mouth cometh of a rotte toothe, the beste is to haue it drawen out.

Regimente for tooth ache,
and stynkyng of
the mouth.

of Lyfe.

Ye muste washe youre mouth beefore
and after meate wyth warme water, for
to cleanse the mouth, and to purge the hu-
mours from the gummes, whiche dys-
cende oute of the head. It is good euerye
mornynge fastinge, to washe your mouth
and to rubbe the teeth wyth a sage leafe,
pilles of cytrone, or wyth pouder made of
cloaues and nutmygges: ye muste forbere
lettuce, rawe fruite, al tarte meates, and y
chewyng of harde thynges. Also al meates
of euil digestion, and vomiting.

The thirde chapter treateth of
remedies for diseases of
the breaſte.

Ifste for hoarsnes of the voice that
makerthe a manne to speake lowe
and wyth greate payne, ye must a-
uoyde all eger, salte, and sharpe thynges,
and slepyng by daye, to muche watching,
greate colde, muche speakyng, and to loud
cryng. All swete thynges are verye good
as apples sodden with suger great raisins
figges, ahnonde mylke, bulled barley, pige-
nolate peneidies, whyte pylles, sugercandy
and the iunce of likorice.

Remedye for a hoarse voice.

D.i. Take

The Regiment.

Take the broath of redde cole wozte and mingle with it. vii. oz. viii. penidies, & an ounce of sirupe of maiden heare, and geue vnto the paciente, when he goethe to bedde.

An other medicine.

Take diayris simple, and eate a loseng of the same at mozne, and also at nyghte.

An other remedye for hoarshnes of a long continuance.

Take reisyngs, spygges, suger, cinamom and cloues of every one a litle. Seth them in good wyne, of the whyche ye shall geue to drynke moznyng and euenynge. ii. ounces at a tyme, excepte he haue a feuer.

For the same.

It is good to take moznyng and euenynge, a sponnefull of the sirupe of iutibes mixte with a roote of liquorice, in maner of a loc. If wyth the sayed, hozcenesse, there descende aboundaunce of water to the mouth, it is good to make an electuarie, of halfe Diariz, & halfe diadrazagantum and to vse it first and laste, after presumig wyth stoupes of flare, samyng wyth frankinsence, massike, sandrake, and storax Calamite, layed vpon the head warme.

Remedye

of Lpse.

Remedy for the cough.

Take Slope, great Rayfyns, and Fligges, of eche a lytle handefull, Licorpyce one ounce, boyle them in water, tyll the thyrde parte be waisted, then geue it hym to drynke thwys a day, in the mornynge. ii. houres befoze meate, and at nyghte one houre befoze supper and immediatly after it is good to eate a losenge of Diapris, or diapemidion.

If ye wil haue it stronger, put to them in the decoction a litle Colewortes, anise, and fenell, wyth the sedes of nettelles, of eche two drammes.

An other remedye.

Take sugercandie, whyte pylls diapris, & Diadragant, of euery one, one ounce liquorice two drammes, make a powder, and lette hym eate thereof a sponnefull, mornynge and eueninge and drynke after it thre ounces of water of Slope, or of Scabyouffe, with suger, and wythoute Sugar.

In steade of those waters, ye maye take the broth of redde Colewortes without Salte.

D.ii. An

The Regiment.

An other remedy.

Take sirupe of Liquirice, and of Hlope and drynke it euen and mozne with a ptisane, or one of the same sirupes, with a sponnefull of ptisane is good.

An other.

Take pouder of Dias simple, and Liquirice, of ech a dramme weight and with fower ounces of suger make an electuary to be eaten first and last and after meate.

An other.

It is good to take locsanum, wyth a sticke of Liquirice, at the coughynge, and after meate. And there is an other loc called loc de pino, as good at all tymes as the other is. And it is good to annoynte the breaſte moznynge and euenynge, wyth oyle of lylies, swete almondes, and May butter wythout salte.

Here is to be noted, that commonly the coughe procedethe of colde humours that greueth the lunges, and for that cause all thynges the whyche bee hotte, swete, and doe prouoke spittle, are very good and holsome for thesame, as be the thynges afore rehearsed.

And some tyme it procedethe of heate,
and

of Lpfe.

and then it is knowen by the greate alteration of feuer, and then ye must forbide the pacyente drynkyng of all wyne, and to vse thynges that hereafter foloweth.

Remedye agaynst the cough,
comming of a hotte cause.

TAke sirupe of violettes and of iubes, and drynke thereof morning and euenyng wyth a litle ptisane sodden.

For the same.

It is good to take fyrste and laste, a losenge of diadragagante, and after ward to drynke a draught of good ptisane.

A good receipte agaynst

the coughe.

Take the roote of Enula campania, Horehounde, Holihocke, of eche a lyke muche, sceth them altogether in whyte wyne, with a dosen of fatte sygges, and a litle Liquirice, drynke of it a draught, euery day twyse.

Regiment of diet for them that
haue the coughe.

We must abstaine fro vineger, bertuice, al salt meates, frutes, and raw herbes, fish limons, grosse meates, & to much repleciō.

D.iii.

Also

The Regiment.

Also ye maye drynke no wyne betwene meales, and beware of day slepe, and specially after meate.

The wynde, the colde, and muche talking, are very vnnaturall for the coughe, and so is all labour aswell of the body as of the mynde, and sometyme it is good to holde your wynde a litle, and lette it gooe agayne.

Remedies agaynst the shortnesse of the wynde.

Shortnesse of the wynde procedeth oftentimes of fleume, that is tough and clammythe, hanging vpon the lunges or stoppyng the condites of the same, beeyng in the holownes of the brest or of catarrous humours that droppeth downe into the lunges, and thereby cometh straytnesse in drawyng of the breath, whiche is called of phisitions, dyspnoca, or asthma. And when the patient can not bende his necke down for dread of suffocation, it is called orthopnoca. For euery one of these diseases, there bee verie holysome medycynes declared here afoze.

The receite for Asthma.

Take

of Lyfe.

Take an ounce of greate raisins picked from the kernels, two fygges, the meate of a date, drye yslope, mayden heare lykoryce, and the lunges of a fore washed in wyne, water of scabyous, of euery one a dramme, penidies .ii. ounces with sirupe of lykoryce, let all be incorporated, and make a loc to ete a good whyle after meate, with a sticke of lykoryce.

An other receite.

Take horehounde, mayden heare, and isope, of euery one a handefull, lykoryce, dates, fygges, see de of smallache, and of fenell, of euery one halfe an ounce : boyle them in a pynte of water and an halfe, tyll the thyrde parte be consumed.

After geue hym the sayed decoccyon to drynke a good draughte euery moornyng two houres afoze meate. And befoze it, or incontynently after it, it is good to take as muche as a chesnut of conserue of coole woortes, or a losenge of diapsopi, or Diaris Salomonis. Also loc de pulmone vulpis, is exceedyng good for the sayed dys ease.

An oynement for shortnes of breath.

D.iiii.

Take

The Regiment.

Take two ounces of oyle of swete almondes, one of may butter vnsalied, a lytle saffron, and of newe ware, and make an oynement, wherewith ye shall annoynte the breste mozne and euen.

Regimente.

Considerynge the sayed dysease cometh of to greate aboundaunce of fleume in the lunges, it is good to obserue the thynges, that are shewed in the remedies of the coughe. And to dwell in a drye place, farre from water pooles, or maryshes, and to sleepe in a moiste chamber, in the whyche ye muste haue a fyre of wood wout smoke. The bread muste bee lyghte and pleasaunt for soure breade, browne breade, and crustes, are to bee auoyded. Also ye may eate no Pease, Beanes, nuttes, chestenuttes, nor any thyng that stoppeth or engenderethe wynd. If she rosted vpon the gridiron may well bee suffered, for they be not so euill. Hulled barleye, rylse, brothe of colewoortes, and broth of an olde cocke, with Clope and Saffron, are specyall good meate for the lunges, and so are fat figges rayns of Alican, dates, graynes of the pine, pignolate, and swete almondes.

Create

Of life.

Great mouinges and chafinges, and so-
daine labour is very euill, yet moderate
exercise afoze meate is good and profyta-
ble.

Kennyng, anger, and suche other passi-
ons that enflame the heart, are in thys
case vtterly to be auoided.

Remedies for the pthificke.

Pthisis is an vlceration of the lon-
ges, by the whiche all the body fal-
leth into consumpcion, in such wise
that it wasteth all saue the skinne. We may
know him that hath a pthificke, for from
daye to daye he wareth euer leaner and
drier, and his heere falleth, and hath euer
a cough, and spitteth sometime matter &
bloudy strynges withall. And yf y whiche
he spitteth be put into a basin of water, it
falleth to the bottome, for it is so heauye.

Galene speakyng of thys disease, sayth
it is vncurable. But whē he was in Rome
he gaue counsaile to them that hadde the
pthifickes, to dwel in the mountaines and
hie places, farre from waters, and watrie
groundes, and so their lyfe should be pro-
longed, but at the last they died of the same
disease. Neuertheles, it is good to releas y
payn,

The Regiment.

pain, and to helpe them as much as is possible. And the thyng that is most holesome for the same, it is to drynk every morning a draught of asses milke, foure houres afore meat in the place whereof one maye take the milke of a goate newly milked, & mixe them every tyme with a sponesfull of powder, made of suger roses, and it is good euery tyme to vse coserue of roses, pignolat diadragagantum, and anoint the brest before and behynde, with oyle of sweete almonds, May butter, and salt.

An other remedy proued by a religious manne.

TAke twoo ounces of pimperl in powder, and therof make an electuary with suger, & vse it every morning ii. drames with pimperl water. iii ounces. Water of snailles distilled is proued good to them that be pthysicke euery morning in drinke, and for all them that are drie and leane.

An other.

Take the foure colde sedes, sede of quinces, of eche. iii. drames & a halfe, white poppy sede five drammes, the iuice of liquozice isop, anidum, gumme arabike, & dzagat,
of

Of life.

of eche a dramme and an halfe, pettidies, the weight of them al, make a powder, and vse euery morning. ii. drammes, and after take two sponesfuls of sirupe of iuiubes, or in stede of it, drinke the ptisane of water of bngula caballina, otherwisc called horsehoofe. The powder wherof is good for the ptisike, wherewith Haly saith, y^e be healed a monke of the same sickness.

Regiment for ptisike.

Ye ought to do as hath bene saide in regiment of Asthma, and to abstayn from al spices, saue saffron. Ye must likewise abstain fro al soure things, sharpe thinges & tart, nor be not hungry, nor drie: but cheryshe you well with meates of easy digestion, and good nourysheimente, such as is coleys of Capons, bulled barleye, almonde mylke, egges yolkes, beale, kiode, lambe shewes fete, and smal byrdes, liuing in woodes and bushes. creauises, and fish of swete runnyng water, haupng scales. Snayles in the shelles sodde wth fenell and Flope is very good. Ye muste lue merelye, and playe at some pastyme for pleasure without labouring.

Ye

The Regiment.

He ought to abstaine from lachryme medicines, because that it is said. Cum fluoz excedit, mozs intrat, vita recidit, which is contrary to asthma, for therein it is good euer to be lose belied.

For the pluresye.

Hereafter shal be spoken of medicines for diseases of the ribbes. And for playner knowledge of thesame, ye shall vnderstand that sometime in the skynnes that couer the ribbes, there gathereth together bloud and cholericke humours, which engender apostemes, called pluresie, and it maye be knownen by foure maner of sygnes.

First the pacient hath a great burnynge feuer. Secondlye the ribbes are so soze within, as if they were pricked continually with nedels. Thirdly. the pacient hath a short breath. The fourth signe is a strong cough, wherewith the sicke is bered, and by these sygnes maye ye surelye know a right pluresye, that is in the skin, vnder the ribbes within the body.

But there is another kynde of pluresye without vpon the ribbes apostomed, but in that is nothyng so great daunger, nor y feuer is not so strong as is the other afore rehearsed.

Remedy.

Of lyfe.

Kemedy.

The pacient ought to be let bloude on the liuer vaine, in the contrary arme from the side that is diseased. After the begynnyng of the soze, till the thirde daye, and after that if the pacient be not feble, lette hym bloud agayne vppon the same syde y the soze is. Moreouer the pacient ought to lay vpon the soze syde, euery day an earthe bottell, ful of warme water, and to anoint his ribbes with oyle of camomyl warme. And he ought to take a glister of chickyns brothe, milke, cassia, oyle of violettes, and hony of roses, if his belly be harde. And in stede of that glister, it is good to take an ounce of cassia, an houre before dynner, in a losenge or distempered with a ptisane, or els with water of scabiose.

An other remedye.

Take of brome floures , of scabieſe and
the great thistle called cardo benedictus,
of euery one a lyke porcion,meddle them
together,and let hym euery morning and
euenyng,receiue a good draught,and an-
noynt the rybs with oyle of brome floures
and it ſhalbe good.

Another singular remedy.

Take

It may well be out of memory of I have many
but 800 I also memory of had memory of

The Regiment.

Take thre ounces of water of our lady
thistle, one sponcfull of white wyne, & fyre
inner whites of eggcs well brayde, mingle
altogether, and lay them plaisterwise vpo
the ribbes, as hote as ye may suffer.

An other expert remedye.

Take two good handfuls of horsedong
two races of ginger in powder, and then
wrape well the dong and the ginger to-
gether in a cleane linnen clothe, then put
them in a new pot to boyle with .ii. pintes
of white wine, vntill the thirde part be con-
sumed and drinke a draught of the sayde
drynke every mornynge, and after ye haue
dronke the sayde wyne, couer ye as wel as
is possible and sweate.

Regement for the pleuresy.

The pacient ought not to drinke wyne,
nor eate flesh, but must be content to drinke
prysane, barley water, and weake drynke,
and to eate barley hulled, and milke of al-
mons clarified, rosted apples and greates
raisins as long as the feuer doth last. And
for to helpe him to spit, it is good to vse of
ten white pilles, diadragagantum, suger
candy, and other thynges sayde in the re-
medy of the cough.

For

Of lyfe.

Foꝛ diseases in the rybbes
which is not pleurisy.

There chaunceth often tymes a disease
in the ribs, which thei call a bunch, whiche
commeth of ventolitic, wherfoꝛe it is good
to applye therto hote thinges, as a tost of
bread very hote, and a litle bagge of otes,
& bay salt fryed together, oꝛ of hony wyꝑe
the is better. Also it shall bee good to putte
therto a sponesfull of hote ashes, & herbes,
of horehounde, rue, woꝛme wood, marge-
rur, ffope, bayes, and Camemill.

Another remedye foꝛ the same.

Take the rootes of colewoꝛt and hops,
of eche an ounce, beruein, mugwoꝛt, sage,
mintes, woꝛme wood, tansay, and mother-
woꝛt, of eche a handfull, put all in a con-
imon styll, and distyll them.

Kepe that water to dꝛynke euery moꝛ-
ning two oꝛ thꝛee ounces, while the payne
booth last.

Another remedy.

Take the saide herbes and rootes, and
beate them with white wyne, and strayne
them thꝛough a linnen cloth, and geue
to the pacient a small draught two oꝛ thꝛe
houres afoꝛe meate.

The

The Regiment.

The fourth chapter of the weaknesse of the heart.

Weakenes or feblenes of heart is caused, when the body faileth his vertue vitalle, without any euident cause or when the body is consumed and warreth out of colour, and that the operations vitall are weake, without sensible hurting of any other member, but the heart. And it maye chaunce of an apostemie, for the whiche there is no maner remedy, for all apostemacion of the heart is mortall. And debilitie of the heart maye come of heate accidentall, whiche one may know, when there is a great heate in the brest, and vehement thirst, and is quenched better in drawing colde ayre, then in drinking colde water.

Remedy.

Geue him that hath a feble heart, and redy to faynt, eyther for feuer, or for extreme heate, the weyght of a fresh crown of troscuske of camphore, wyth wyne of pomegranades, and lay vpon his brest toward the left syde, a sendall or linnē dipped in water of roses and vineger.

of Life.

A lectuary.

In steede of these trosciks, ye may vse a lectuary called diamargariton frigidum, euery morning a lozeng. And it is good to geue him for the same feblenes, conserue roses, violettcs, and water lilies mingled together, and after to drinke water of sozel, and to smel roses, water lilies, rosewater, and vinegre. Otherwhiles and most oftent debilitie of hart chaunceth of a colde and dry cause, and is without feuer, with great feare and heuinesse, the remedy whereof is this.

Remedy.

Take of an electuary, called Diamuscus, or of an other called electuarium pliris, and vse euery morning a lozeng, and drinke after it a litel good wine, or buglosse water, and annointe the breast with oile of spikenarde. Moreover vse ones in a weeke fve houres before meate: þ weight of halfe a crowne of good triacle, or mithridatum, so it be wel tempered in a littel white wine with a fewe maces.

For the same.

We muste geue the pacient often in the houre of his feblenes, cloaues, cinamom
C.i. nutmiges

The Regiment

nutmiggess, setuale, of the roote of cole-
wooztes if he hath not h̄ p̄hisike, in which
case he must abstaine from the said thin-
ges. And it is conuenient to giue him in
that case good fleshe, and potage without
spices, and take euery moorning, a greate
draught of Asles or Goates milke, and su-
ger rosate.

For beating of the harte.

It is called of the Physicians cardiaca
passio, or otherwise tremor cordis, that is
trembling of harte, and sometime it chaū-
ceth with a feuer, and sometime without.

Remedie whē it cometh with a feuer.

We must be let blood of the Luer vein,
and drinke euery morninge Sirupe of
Pomigranades, and Limmons the twice
of sozel, or one of them, with water of Ro-
ses. Purcelane, succorie, and Sorelle. Mo-
reouer the patiente ought to smel thinges
colde & swete, as dried Roses, water Lil-
lies. Violettes, and vineger of Roses.

Also it is good to take an infusion or lare
of rubarbe, ordeined of som good Physicia
after the whiche it shalbee good, to applie
vpon the left pappe, a linnen cloth dipped
in plantain water, roses, sozell, and a litle
vinegre.

of Lyfe.

Vinegre.

For trembling of the hart

with out a feuer, a

remedy.

The patient must take. ii. drammes
of the electuary of diamargariton
calidum, and the third parte of ele
ctuarium de geminis, then drinke. ii. oz. iii
ounces of water of buglosse, and baume
mxt together.

An other remedy.

Take massike, lignum aloes, cloues,
cinantome, nutmigs, and cubebes, of eche
a scruple, pilles of citrons half a dramme,
dozonici romani, and perles, of eche. xv.
graines, basil seede. x. grains, amber gre
ce, and muske, of eche. ii. grains, with con
serued buglosse or colewortes and sucket
of citrons, of eche half an ounce, make an
electuary with. iiii. ounces of suger dissol
ued in whit wine and buglosse water, and
use of the same euery morning. ii. drames,
and drinke a litle good wine after it.

An other remedy.

Take water of buglosse, baume, & bou
rage, of all thre together a pound, of white
wine halfe a pounce, pouder of sinamome

C. ii.

cloanes

The Regiment

cloaves & nutmigs, of eche twoo drāmes,
minglc thē al wel together and then heat it
a litle, and dippe a linnen cloth in it, oꝛ els
a fearlet, and lay it to the left pappe.

An other remedie.

Ye must make a bagge of sendall, of the
said swete spices, oꝛ other cordial pouders,
and lay it hotte vpon the left pappe.

An other remedie.

Take pmanders made of lapadanum,
lignum aloes, and citron pilles maces clo-
ues, bozage floures, storax calamite, am-
ber of grece, & a litle ware, and let the pa-
cient beare that, and smell it often.

An other medicine.

The maiwe of an olde cocke dried, and
made in poudre, is exceeding good to drinke
in red wine, oꝛ swete wine with a lyttell
saffron.

For the same.

It is good to drinke euerte morning. iij.
ounces of water of buglosse wherin bathe
ben sodden cloues. And it is good to drinke
in a morning. iiii. ounces of iulep made of
halfe a pound of baume water, and thre
oūces of suger. The confection of diatacin-
thy, is singular and excellēt for trembling
of

Of life.

of the heart, but it is for noble menne, not
for poore folke.

For swooning.

Swouning is a takinge aboate of
the feeling and mouing of the bo-
di by weaknes of the hert throug-
h to muche auoidance of the spirites.

Remedy.

In Somer for swooning, sodainly ye
ought to caste vpon his face colde water,
mingled with rosewater or vinegre. And
if ye stoppe his mouth, and nose, and bowe
his face vnto his knees, so long as ye stop
your winde your selfe, ye shall forthwith
recouer him. But if the said swoonig com-
e of the mother, ye must lay to h nose al stin-
kyng thinges & abhominable sauours, as
partriches feathers brent, castor, & assafeti-
da, or the snuffes of candels. Moreouer ye
ought to geue h patient a litle good wine,
which is the chiefe thig that quickliest re-
storeth him as saith Auerrois in his seuēth
colliget. Afterwarde rubbe his armes and
legges, and bind them hard, then prouoke
him to nese putting a litle ponder of long
pepper, euphorbium, or castor into his
nose. And if by the saide medicines, the

The Regiment

patient doth not amend, this disease is incurable. And here ye maye note, that if swooning com by great resolution of spirites, as after great euacuation, either by sweate, flure of blood, or laske, ye ought not to cast cold water on his face, nor to binde his membres, for that shulde do him hurt, but kepe him in a place without mouing, and geue him to drinke a litle good wine, & nourishe him with good light meates as pullets, chickē, capons, partriches, beale muttō, & kid, whereof ye may make him good porrage, coleises or restoratiues, distilled or otherwise, as ye shall think conuenient.

The .v. chapter of remedies for diseases of the stomake.

The cheif of the body doth receiue the meate necessary for all the membres in the stomak, which is situate in the middes of the body, for to digest the same meate into all the membres, to the whiche chaunceth debilitie or hinderance of appetite, sometimes by errour of the eater in qualitie or quantitie, and sometimes by rason of y^e fleume that descendeth from the head like a reume.

Remedy.

Keepe

of Life.

keepe abstinence, and eate sobzely light meates, and drinke good wine, & but litle. Purge the stomake, in takig pilles of simple hiera before meat. iii. oz. iii. of the saide pilles at four of the clock in the morning. If the repletion be greate, sleeping in the night, he must lay his hand on his stomak, or els lay a litle pillow of fethers on it, or a bagge of woozmwood and margerim. Somtimes ther chanceth suche debilitie, not for reume, or meat or drink, but by viscus and slimy fleum in y^e mouthe of the stomak, which causeth to engender abundance of ventositie, and maketh the meate to swim with litle chrisse. And sometimes with sour belchings, and inflations, suche debilitie may not perfectly bee cured, but for a time mended with the remedies that folowe.

Remedies for weakenes of y^e stomake.

First ye must take pillule stematicae. ii. oz. iii. houres afoze meat, more or lesse, according to the quantitie of the fulnes of y^e stomak, and after geue hi every morning. ii. houres afoze meate and one houre after supper at every time a lozēg. of a lectuary called diagalāga, or an other called diact.

C. lin.

minū

The Regiment.

minum, which lectuaries do consume be-
rosities, and with their comfortable heate,
drive away the colde and the windy com-
plexion of the stomake.

For the same.

Greene ginger is very good, taken as is
said afore of electuaries. And it is holosome
to eat afore your meate, anyse sedes and
fenell, and when ye begin to eat, take a
tost dipped in sodde wine, or good malme-
sey without drinkyng of the same wine,
except it be a very littell after meate.

An other.

Take mastik and lapadanum, of euery
one an ounce, mintes and wozme woode
poudzed, of eche a dramme, turpentine, as
much as shal nede to incorporate them to-
gether, make a plaster and spzed it vpon it
vpon lether, and lay it to the stomake. In
steede of the said plaister, it is good to ano-
int the stomak with oile of spikenard, and
make, or to lay on it hotte breade stieped
in good wine, on the whiche bread strewe
pouder of cloues and nutmigs.

Sometimes suche debilitie of stomake,
cometh of hot causes, and the it is knowe
by the litle appetite to meate, and greate
thirst,

Of life.

thirst, and hed ache before meate, and after it, cometh stinking belching, wherof somtime foloweth vomiting, and is holpē on this wise.

Remedy.

In suche debilitie, if there be great quantitie of spittle, and muche desire to vomite, it is good to take .x. drammes of hiera picra, with the decoction of cicers, or with two or thre ounces of water of woorme-wood, and after your meate, vse coriander seede prepared, and beware ye drinke not therafter, nor sleape in the day time.

To the same.

Mrabolans cōdite ar very good for the same purpose, to be giuē once in the weke, at four of the clock in the morning, half an ounce, or a hole ounce every time, & take away the stone that is within. If in y^e saide debilitie of stomake of hote cause, ther be not abundance of spittle, but dries of mouth, wth thirst & vomiting, stinking & fumish, it is good to take every morning sirup of sozel, sirupe of roses, or sirupe of quinces, wth endiue & succory water and water sodden & cooled again, and then drink hierapicra, as afoze is said, or take a purgation,

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purgacion, as is declared in the pain of the head, coming of choler. It is to be noted, that for suche debilitie of the stomacke, ye may not weare any cerote plaister, nor baggue, wherein is hote medicines, lest ye shuld augmēt the cause, but it is conuenient to annoint the stomacke with colde oyles, as be oiles of roses, and quinces, and if ye will haue a plaister, make it of redde roses and saunders.

For abhorring of meate.

Sometime there chaunceth in the stomacke, a disease called *tastidium*, or abhorring of meat, wherby the persone against his will taketh in hate and abhominacion all maner of meates, that is offered vnto him: likewise as a hote mā taketh pleasure & delite in his meate. The cause of this disease, is repletion of cholerik humours, or fleumaticke, grosse and viscos, which are in the stomacke, and the paciēt hath great thirst, a drie tongue, the mouth bitter, and sometime dothe vomit yelow choler.

Remedy.

Ye must purge the choler as hath been saide afore, and if the veines be great and ful of blud, ye ought to let him llood on the right

Of life.

right arm, and on that beine which appe-
reth moſte: and to quicken the appetite it is
good to geue him to eat or drinke, ſuch as
the patient demandeth, although it be not
allwaies of the beſt. And alſo it is good to
giue him that iuice of pomegranads.

For belchynge.

Belching is a ventofitie inflatiue expul-
ſed oute of the ſtomake to the mouth, and
cometh by ſerblences, and litle heate of the
ſtomak, which engedreth winde, wherfore
it ſignifieth a colde complexion, whiche is
cauſe of ſuche ventofitie after meate. And
for this diſeaſe ye ſhall doo as foloweth.

Remedy for windineſſe of

the ſtomake.

Aſtaine from al fruites, & raw her-
bes, peafe, beanes, garlike, onions
leekes, cheſnutes, coarſe meates,
great repaſt, & ſleepe on the day. ye ought to
take faſting, conſittes made of anife, fenell,
cūmin, & carrewaie ſeeds, or els powder of
the ſaid thinges nurte with ſugar. Alſo it
is good to tak in a morning. ii. houres be-
fore meat a lozenge of aromaticū roſatu,
& if ye haue an aking ſtomake and colde,
it is good to take euery mornig a lozēg of
diamfi,

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dianisi, or diaciminum, or some other comfortable lozenge, and to drinke after it a sponfull of good wine.

An other remedy.

We maye take a litle galingale with a litle wine, or pouder of cumin, with some good wine.

An other remedy.

Drinke every morning fasting two ounces of wine, wherein hath ben sodden habbertes, anise, and carraway seedes, of eche a litle. And if ye put to it litle pure frankensence, it wold be the better. And without, it is good to lay a bagge full of camomill floures, rue, wormewood, and maioran made in pouder, or for to annoit the stomak with oile of wormewoode, rue, spikenard, or bales. Sometimes suche belchinge and ventositie cometh befoze meat, & it is caused of fleum viscosus, or watrishe, that is in the stomake.

Remedy.

We must purge the fleume with pillule cochie or electuariū of diacartami, as hath ben saide in the remedy of pain of the head caused of fleum. And ere ye geue the purgatiō, ye ought. iii. or. iiii. mornigs. ii. houres afore meat, to take two litle sponesfuls of sirupe of wormewoode or of mintes.

After

Of hicc.

After the which purgatiō, it is good to annointe the stomake with oile of mastike, nardine, worme woode, or likes and for to weare vpon the stomake a cerote, beinge made like a plaster, which ye may bie at y^e Apotecaries, called cerotum Galeni, or a bagge made of marozam, and camomill flours, & take euery morning a lozenge of y^e electuary aboue named, or of diagalāga. Item ye shal note, that if the person cā not take a purgation, to auoid sufficiently the fulnes of the stomak which hindreth y^e digestion of meat he must take a glister, and after ward pilles of elephāgine, or of hiera simplicis, before diner or supper. Moreover, if before diner ye sele an heumes in y^e stomake, ye ought to take one of the saide pilles halfe an houre before meate.

For the hicket.

Hicket or yeasking, is an euil mouing of the vertu expulsive of y^e stomak prouoked by y^e vertu sensible, to expulse that y^e dothe annoy. The said hicket doth somtimes happen by reson of emptines, by debilitie of y^e stomake after long sickness, or by fluxe of blud or lax, or by som other strāge euacuation, which is very perillous, and oftentimes

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times mortal. Therfore it is good to giue restoratiues to the pacient, & to geue hym soft egges, almond mylke, hulled barley, coleise of capons, or other thinges of good nourishment, and of easy digestion.

Also ye ought to stop the laske, & to make the pacient to slepe longe, and anoint the stomack with oyle of swete almons. Somtimes hicket procedeth of repletiō of matter humorous, or of drik and meat whiche engender grosse ventositie, & not very easy to consume. If y^e stomak be ouercharged wth meates, kepe a longe abstinence till digestion be done, or els vomite and anoint the stomake with oyle of dill, mastike, woꝝmewod and castor. If humors continued in the stomacke be cause of the said hicket, take an ounce of hierapicra with water of woꝝmewod, or elles pilles anre cibum. iii. or.iii. houres before meat, and euery morning following the operation of the saide hierapicra, take a lozenge of dianisi or diaciminā, or els a few anise sedes & carawais.

Regiment for all maner hicket.

It is good to kepe longe and often his breath to nese, to trauaile much to endure greate thrist, and also to sleape longe. And

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it is good to caſt colde water in the face of him that hath the hicket, and to threaten him, and ſo put him in feare, and to angre him, or els to prouoke him to heuines, for by theſe thinges, the naturall heate is reuoked and fortified within, and cauſeth the hicket to ceaſe.

For vomiting.

Vomitinge cometh ſometimes without great violence, and therby one getteth helth wherfore ye nede not giue him any remedy, for it is a good action of the naturall vertu of the ſtomak. Sometime vomiting cometh by a greate violent mouinge of the vertue expulſiue of the ſtomake, for the euill thinges contained in the ſame.

Remedy.

One may well helpe a man to vomite, geuing him warme water with a litle oile to drinke, or els to put the finger in his mouth very low or a ſeether wette in oile, the better to vomit and mundify the ſtomake, yf ſo be the perſone haue a wyde throte, and that vomitinge do not hurte him much, as be they that haue but ſmall & ſtrait throtes, and long neckes and leane,
and

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and he that hath an euill sight, for all these it is euill to vomite.

Sometimes vomiting cometh by weaknes of the stomake, caused of a hote & euill complexion, ye shall heale it after this manner:

Remedy.

Take sirupe of roses, quinces, mitilles, with water soddon, and colde againe, or els water of purselane for to refreshe and quenche the thirst that chaunceth commonly in suche a case. And it is good to anoint the stomack before diner and supper, with an ointment made of oile of roses, and quinces, with iuice of mintes, and a littell ware, or els to make a plaister of mintes, roses, wormwood, and oile of roses, and lay it to the stomack.

An other.

Take frankensence, mastike, of ech half an ounce, made in pouder, & mingle them together, with the white of an egge, and a litle barley floure, then spread it on a litle tow, and lay it to the mouth of the stomack. At y latter end of diner, it is good to take a morsell of marmalade without drinke.

Sometime vomiting procedeth of euill
and

of Life.

and colde complexion of the stomake.

Kennedy.

Annoint the stomake with oile of spike narde and mastike. or els make an ontes mente of the sayed byles, with a litle mastike, corall, and ware; and annointe the stomake moynynge and euenynge.

An other medicine.

Take a bagge of wormewood, maioran and dry myntes, of ech a like handefull, cloues, galungale, and nutmygges, of ech halfe a dramme, the sayd thynges poudered and put betwixte. ii. linnen clothes wyth cotton enterbasted and applyed vpon the stomake, are of wonderfull operacion. In steede of this ye may take the sayed herbes dzyed on an hote tilestone, and put them in two linnen cloutes vpon the stomake.

An other maner.

We maye take a masse of breade and stepe it in the iuyce of myntes; and caste vpon it pouder of mastike, then laye it vpon the stomake, and from thre houres to thre houres, let it be renewed.

Other wise.

Take two handefulles of myntes, and a handefull of roses sodde in wyne; than

f. l.

take

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take two ounces of toasted bread, and moist
it in wine and incorporate it with powder
of mastiye, and the sayd roses and mintes
and make a plaister, wherof one part must
be laied to the stomake when the paciente
would eate any meate.

The said plaister is also good in all
hote causes, if for the sayd wine, ye seethe
the mintes and roses, and steepe the toast
in vineger.

To comfozte the stomake after vompy-
tyng.

It is good to geue vnto the paciente e-
uery morning an ounce of sirupe of worm-
wood, or myntes, in stede of which it is co-
ueniente to take a losenge assaromaticu
rosarum, or diagalanga.

For the same.

Take euening and morning. iiii. houres
before meate. ii. cloues in powder wyth a
spornefull of the iuyce of myntes, or halfe
a spornefull of rue, dreyed, wyth a lyttle
wine. Also it is good to take powder of clo-
ues, and lignum aloes, the weyghte of a
croton, with wine. ii. houres before meate.

A glister for the same.

And here ye muste note, that in al vo-
miting,

of Life.

mitting, if the patient be harde bellied, it is
godd to take an lenitiue glister made of &
decoction of March mallowes, mallowes,
violetttes, and barlpe with oyle of violetttes
hony of roses, and a litle cassia.

And if the vomiting come of coldenes
of the stomake, or of colde water contem-
ned in it, adde vnto the said glister, worme-
wood, yslope, rue, and camomyl in the see-
thyng. And for oyle of vpoletttes, take oile
of camomil, or of lillies, and geue the pa-
cyente a pyl of mastyke before meate. And
ye shall vnderstande, that myntes brayed,
and myngled with oyle of roses, and ap-
plyed vpon the stomake, is verpe good for
all vomiting.

For peyne of the
Stomake.

Ache or peine of the stomake, commeth
sometimes of wynde, and it is called do-
loure extensiu, the whiche is holpen with
applying thereto a sponge wette in wine
wherin hath been sodden wormewood,
rue, and camomyl.

Also ye may helpe it as hath been sayed
in the remedye of hickete or yeaskynge,
F.ii. and

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and as shalbe sayed hereafter in the reme-
dy for all paynes of the stomake.

Sometimes the sayed payne commeth
of repletion of humoures, and it is called
Dolor agrauatiuus. Whiche ought to be
cured by purgacion, in geuyng of cassia,
newly drawen out, hierapiera, or pyles
stomaticeas, or of hiera simple, takyng the
syrupe before y purgacion, as is the wed in
the remedy of rebilitie of stomake. Some-
times payne of the stomake cometh of
cholere, or salte steume very thicke, and y
patient hath bytter salt or salt with great
thirst, and he feleth heate and morbidacio.
Wherefore it is good to drynke synne of
roses, or occi saccarum simple with sodden
water and coled. In stede wherof ye maye
take endiue water, succory, and purcelane
wyth one part of wormewood water, and
then take an euacuatiue that purgeth cho-
ler, as is sayd in the remedies for paine of
the head commyng of cholere, or let the pa-
tient vomyte, in geuyng a sharpe syrups
of sorrell, wyth warme water, than put hys
fonger in hys mouth, so that he may vo-
mite. Sicke folkes ofte diseased in the sto-
make, demaunde nothyng els, but to take
away

away the payne, not regarding the tyme
whyle the matter maye be purged by vo-
mytyng, glyster, or other lares.

Also there chauncethe some tyme so
greate payne and sharpe, that for debilitie
of vertue, it is good to leaue the cause and
sticke to the swaging of the payne: wher-
fore it behoueth to procede in maner fo-
lowyng.

Remedye for all paynes of
the stomake.

TAke Camomill, melilote, worne-
wood, mallowes wyth theyr rootes
leaues of bayes, parietarpe, and pe-
nyrtial, of eche a handfull, limesede a pound
fenugreke halfe a pounce, anise and fenel
seede, of eche halfe an ounce.

The sayd thynges brused and wel sod-
den in water, wette therein sponges, and
the licoure well pressed oute, and applyed
vnto the stomake, one after an other, and
warmyng them agayne, when they bee-
gynne to coole swage all maner paynes
of the stomake. And afterwarde ye muste
annoynte the stomake with oyle of oil and
Camomill.

An other remedye.

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Take an hogges bladder, and fill it of the said decoction, and lappe it in a linnen cloth, and laye it to the stomake and warme it agayne when it is colde.

But after ye haue made diuers suche applications, ye must anoint the stomake wth the oyle afoze sayed. If the peyne be remouing from place to place, it signifieth it commeth of ventositie. Therfore lay vnto it a bagge ful of meale, salted, and cumyn dzyed together.

An other remedye.

Take a sponnefull of hote ashes, delwe them wth good wyne, and couer them wth a linnen clothe: that it goe rounde about the sponne, and laye it to the stomake.

An other remedye.

Take a sheaue of bread metelye thicke, toste it, and wete it in hote oyle of camomil as hote as it commeth from the ouen, or in oyle of spike, and wrappe it in a linnen, & lay it vpon the payne.

An other remedye.

Put a great boring glasse vpon the navel, and let it be there one houre.

An other remedye for payne
of the stomake.

Take

of Lye.

Take two drammes of diacimynon, of dianisi, of diagalanga, and drinke it wyth a lytle good wyne, an houre or two before meate. To drynk two ounces of malnesy, with a litle of one of the sayd electuaries, is very good for such peines as procede of coldnes or ventosite.

An other remedye.

Take a dramme of galingale in powder and geue it to drinke with a litle hote wine and aboue al thynges for payne of ventositie, a singuler remedy is to drynke a lytle Castor, with good wyne.

An other.

Likewise to drinke two houres before meate thre or foure ounces of the decoction of myntes, anyse sedes, cummyne, and fyne frankensence.

Also it is good to drynke an electuary called aromaticum, whereof ye maye receyue one losenge euerye moorninge fasting.

An other speciall medicine.

Take half an ounce of iuice of myntes, & .ii. drames of y^e iuice of wormewood, lignū aloes, & cloues, & rilo balsamū, of ech in powder half a scruple al mixt together, & drōke
℞.iiii. warme

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Warne ii. or iii. houres befoze meate, are
exteading profitable.

The syxte Chapter, of remedies
es for diseases of the lyuer.

The lyuer is one of the principall
members and chiefe instrument
of generacion of bloud, and of o-
ther members: it lieth on the ryghte syde
vnder the shorthe rybbes, the whych is or-
dayned to digeste the meate the seconde
tyme, and therof to make humoures that
nourisheth all the members of mans body,
by his naturall heate, comforted by heate
of the hearte. But sometymes it is greped
by bloud, into muche aboundaunce, or by
coleryke humours, whyche cause to great
heate, or els by fleume that doth diminishe
the same.

A remedy for an hote lyuer.

If the lyuer be to hote, because of to much
bloud, the person hath red bryn, hasty pul-
se, hys beynes great & ful & he feeleth hys
spattle, mouth & tonge sweter then it was
wont to be, wherfore it is good to be lette
bloud of þe lyuer vein on y^e ryght arme, & to
use lettuce, sorrell, purselan, and hoppes
in pottage, and some tymes to drynke
of

of the water of the saide herbes fasting, or
els endiue water to refresh the liuer.

Regiment for disease of the
liuer comming of bloud.

Ye must abstain from drinking wine
and eating of flesh, and if at meat or
drinke ye must otherwise, the wyne
ought to be watred, and the fleshe boyled
with letuce and sorrell. It is better to drink
prisane, or stale cyder, and eat broth of pea-
son, almon milke, hulled barley, or roasted
appels, and damaske prunes, whyles the
heate be deminished. And ye ought euerye
day to prouoke the ductie of the wombe, ei-
ther by meanes of suppositoie, or els o-
therwise.

If the liuer be ouer hote with cholere,
the patient hath his vyne clere and yelow
without measure, great thirst without apa-
petite, and feleth great burnyng in his bo-
dy, and commonly hath his belly bounde,
and hath his face yelow.

This disease of the liuer chanceth most
in sommer, and for it ye muste take twyse
in a daye an ounce of sirupe of endiue, or
violetttes, with a good draughte of prisane,
drinke it twoo or thre houres before meat,
and

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and also at night to beddewarde, and so to continue thre or foure daies.

In steede of the saide sirupes ye maye take thre ounces of prisan, or thre ounces of water of endiue, cikory and sozell medled together, for eche time. Then the fyfth day in the mornynge earlye, it is good to drinke a purgacion that purgeth cholere, which shalbe made as foloweth.

An excellent pourgacion for to auoide cholere, and may be geuen to manne of all ages.

TAke halfe an ounce of cassia newly drawen, a dramme of good rubarb infused a night in water of endiue, with a litle spikenarde, and an ounce of sirupe of violets, mixte all the sayde thinges with thre ounces of prisan or whaye, and drinke it warme, as afore is saide in the other.

Boles for the same.

In steede of the sayde medicine (whiche is to costly for pooze folkes) ye may make boles of halfe an ounce of cassia and thre drammes of electuarium de succo rosarū, and eate them thre houres after midnight
and

and slepe after it, but all the day ye muste
kepe the chaumbre, and if ye hadde rather
drinke it than eate it, mixte the saide boles
with whate or endiue water, and drinke it
at fve of the clocke in the mornynge, but
slepe not after it.

Other medicines laxative.

Take halfe an ounce of diaprunis lax-
ative, mixt with thre ounces of decoction
of frenche prunes, water of succore, and
drinke it warme at fve of the clocke in the
mornynge, or els sixe houres afore meate.

In stede of the saide diaprunis, ye maye
take halfe an ounce of electuarium de suc-
co rosarum, and make a laxe as afore is
saide.

And it is to be noted, if the pacient be
bery weake or easy to wooke vppon, ye
maye take away a dramme bothe of y dia-
prunis, and also of succo rosarum. After
the saide purgacion, it is good to refreshe
the liuer with laying to without on y right
side, vnder the nether ribbes, a playster
of cerotū scandalinū. spred vpon a linnen
cloth of y bignes of .iiii. fingers, or bathe y
saide place w a linnē cloth wet in water of
endiue, plātain & roses, warmed together.

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Moreover it is good to take etterve moztung before meat, a lossege of triall andaly, to drink after it endiue water. iii. ounces.

Regiment for heate in the liuer.

The patient must abstain from fleshe, and saltfishe, strong wine, garlike, onions, mustard, and such other hote meates. It is good to vse herbe of pease and bertrice, lettuce, poppy, spinage, and borage, and som time a litle vineger, if he be not greued in the stomake. This regimiente is good also in tyme of pestylence, and of to greate heate.

A rulep for heate of the liuer.

Take halfe a pound of rosewater, one quarter of water of endiue, and .v. ounces of suger, make a ruleppe, of whiche ye shall drinke fastynge a good draught. And if ye wyll nedes drynke for thirst betwene meales, lette it be myngled with two partes of water of the well. And if ye will haue it more coolyng, adde vnto it two ounces of vineger, or the iuyce of a pomegranade. If the liuer be colde, for the Acumatike matter that is in it, the person hath water white, and out of coloure, the face.

Of Life.

face pale, and his mouthe waterye & litle
bloude, and feeleth heauynesse aboute hys
liuer.

Remedy.

He oughte to drinke in the mornynge
earlye, thre or foure times a sirupe called
primell diureticum, with the decoction of
smalache and persely, or with waters of
smalache and fenell, and after he must take
to pouрге the Beuine & medicine made as
foloweth. Take five drammes of diascord
if the person be strong or halfe an ounce
if he be weake, and distemper it in foure
ounces of the decoction of the rootes of
smalache, persely, fenell, and drinke it luke
warne five or six houres afoze meate.

In Recorde of the sayde medicine one may
geue two drammes of agarike in frostisks
with water of smalache, or els good fe-
nell.

An other medicine laryne.

Take halfe an ounce of diacarthamon
halfe an ounce of draparnis laryne, or as
much of cretuarium dulce with the deco-
res of persely water, smalache, plope, or
fenell, take it five houres afoze meate.

Regement.

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The patient must drinke good wyne, wth ble ginger, cinamome, graynes of paradise, anyse, and fenell, and hote herbes in pottage, as sage, ysope, tyme, maiorā, and auopde al rauwe frutes, and also rauwe herbes. Moreover it is very good to make a plaister of smalache, wormewood, spike narde in pouder, with oyle of oil mingle it and lay it vpon the liuer.

Agaynst stoppyng of the
lyuer called oppilacion.

Oppilacion or stoppyng cometh sometyme in the holownes of the liuer, and it is knowen by compassion and payne of the stomacke, and is healed by medicines laxatiue, as is declared before.

And sometime the oppilacion is in the baines of the holowe part of the liuer, and is perceiued then by the grieve, which the patient feleth in his backe & in his reins. And it is healed by thynges that open, as by sirupes of the thre rootes, sirupe of bisacius, sirupes of maidenheere, and by drinkeing the decoction of raisins, fenel, persely, smallache, cicorpe, or waters stilled of the
same

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same herbes. Also rootes of alisandze is good for the same. &c. Sometymes y sayde oppilation cometh of grosse blood, earthy, and Melancholyke, whiche the members sende vnto the liuer, and because that suche engendred blood can haue no yssue, nor hath any way to depart to anye other members, therefore bee the veynes of the liuer stopped by, by the grossenesse of the sayde blood. And it is knowen by the water, that is very hye coloured, and clere.

Kemedy.

Gene the pacient medicines that perce and subtil, as is wyne of pomegranades, sirupe of endiue, with the decoction of eisers. Then let him bloud on the liuer bait and euery moorning eate a losenge of triasandaly. Sometime the said appilacio cometh of aboundance of some humour vscouse colde and fleumatike, stoppyng the vaines of the liuer, and then the byrne is as clere, as clere water.

Kemedy.

The pacyente muste drynke euery morninge the sirupe of oximell squillye, with halfe a draughte or more of the decoction of rootes of smallache, fenel,

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fenell, and persely. Sometymes vnto wo-
men commeth cyphilacion of the liuer, by
recepuyng of their purgacions. Where-
fore it is good to let them bloud on y^e bayn
called saphena, whiche is aboue on y^e hyer
syde of the insteppe. And let them take af-
ter the chaunge of the moone, seven or
eyght mornynge an opiat called Trifera
magna, euery tyme an ounce. And after
drynke thre ounces of water of mugwort,
plope, and fenell, or the decoccion of these
herbes, or els the rootes appetitiue, which
be smalache, persely, fenell, alesandze and
asperage, boyled in water with the thynde
parte of odoriferous white wyne.

Medecynes for the lyuer that
maye bee easily hadde at
all tymes.

Take a good handfull of liuerworte, y^e
groweth vpon the stones, and an other of
fumitory, with as much of hartes tonge,
and seeth them in whay clarified, & drynke
them euery day twyle.

The lyuer of an hare dyled and made
in pouder, is good for all diseases of the ly-
uer. as affirmeth Auicene, and other of the
Arabians.

Also

Also for heate in the lyuer seeth barberries
in whey, and drynke them.

The vii. Chapter, agaynst

the diseases of the

gall.

The gal is placed in the holownes
of the liuer, to receiue the superflu
itie of cholere, and to sende it to y
bowels to be auoided with y grosse
excrementes, to the intente to clenle the
bloud of the sayed cholere.

To the which there cometh oftentimes
applications in the parties aboute by the
liuer, or benneth in it selfe, next the bowels
causynge great paine, by reason whereof, y
choler turneth againe vnto the liuer, and
there is mingled with the bloud, & spreade
abrode into all the veines of the body, and
bredeth a disease named iaundis (ictericia
in latin) wherof be thre kyndes, that is to
say, yelow iaundis that procedeth of cho
ler, called citrine or yelow, greene iaun
dis, which procedeth of greene choler, and
black iaundis that, procedeth of black cho
ler, which is called melancholy, and com
monlye commethe of the oppilation of the
splene.

The Reglment.

Remedy for Jaundis.

If the iaudis happē in an ague before the vii. day, the pacient is in great danger of hys lyfe, as Hipocrates sayeth. But if it appeare in the. vi. day, beyng a day iudiciall or criteike of the ague, or after, it is a very good sygne.

And then ye must succoure nature, in refreshyng and dygesting the choler, with syrupe of vpolettes, geuen in the morning wpth water of mozell, or syrupe of endiue wpth water of cicorie.

After thys pouрге the Choler as is sayed in remedies of the Luer. And then geue hym a losenge of Triasandall, wpth Reubarbe, enerpe morninge twoo houres before meate, and drynke a lyttle waters of endiue, and cicorpe, afore the sayd Losenge.

Moreouer, it is good to bath the lyuer, as it is sayed afore, & washe the pacientes eyes wpth vyneger, and womans mylke, and drynke a Pilsane made of barley, lyquorice, prunes, and the rotes of fenel.

And if (when the feuer is past) the iaudis tarveth styll, the paciente muste drynke water of fenel, and mozel, wpth the syrupe
of

of Lyfe.

of occisaccartum composte, and it is good
to lay a quicke tenche vpon the lyuer.

Jaundys sometyme commeth wythout
feuer, and may be healed by thynges that
I declared here before, or thus.

An other remedy for

the jaundys.

Take foure ounces of radish, and geue
it the sycke to drynke fyue moynynge, iii
houres before meate. In stede wherof it is
good to drynke euery moynynge foure ou-
nces of the decoccion of hozehounde, made
in whyte wyne, or as much of the decoccy-
on of Tenedoy and Barberpes, wyth a li-
tle Honny and Saffron.

An other remedy.

Take wormes of the earth called angle
stoytches, and wash them in whyte wyne,
then dry them and drynke of the a spones
full at a tyme, wyth whyte wyne.

An other.

We maye lette hym drynke. vii. or. viii.
dayes together in the moynynge, a good
draught of y decoccion of polytrichō, or of
maydeheare. The decoccion also of wood,
bind, or y water of it distylled in a comon
fil, is a souerain medecin for y saiddisease

S.ii.

An

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An other singular remedy.

Take cowes milke and whyte wyne of eche a pynce, and dystill them in a still, kepe that water a moneth, and then geue it to the patient three ounces in the morning two houres afore meate, & likewise after supper, when he gooeth to bedde.

The eighte Chapter, for diseases of the splene.

The splene is a member long, softe and spongy, beyng in the left side ioynd vnto the holownesse of the stomake, and to the thicke endes of the ribbes, and to the backe, the whiche is ordeyned for to rectifie the melancholy humours and to cleanse the blood of the same, for by that meane the blood remayneth pure and neate. Wherefore it is good nouryshynge for all the members and is the cause that maketh a bodye merue, but often tymes there happeneth oppilation or debilitie, wherof commeth the blacke iacundis.

And sometimes it is greater, fuller, or grosser than it oughte to be, by ouermuch melancholye that is not naturall, caused
of

of the Lye.

of the dregges of the blood engendred in the liuer, and dooeth hynder generacyon of good blood where throughe the members become dry for defaute of good nouryng. And therfore the pacyent is called splenetyke, whiche ye maye know by that that after meate, they haue payne in their lefte syde, and are alwayes heauye, and hath their faces somewhat enclinyng vnto blaknes.

Remedye.

In opilations and apostemes of the splene, whether it be of hote humours or of colde, he oughte to be let blood on the splene bein called saluatella, which is in the lefte hande, betwene the litell synger, and the nexte finger which they call medicus. And ye muste drawe out but a litle bloude.

And if the pacyente feeble a burning on the lefte syde, and hath a drye tonge without appetite, it signifieth, that suche dys-ease of the splene, is caused of an hote humoure. Therefore ye muste geue the pacyente foure. or v. morninges fasting, sirupe of endiue water, and hartestonge, then a pourgaciō made as foloweth thus.

G.iii.

A good

The Regimene,

A goodly purgacyon to a
noyde melancoly.

Take halfe an ounce of succorosa-
rum. and thre ounces of the de-
coccyon of the rootes of capparis
and hartestong and make a drinke
the whyche ye maye minister in a good
day to take pourgations, sixe houres afoze
meate.

An other.

In ffeede of that drynke ye may temper
halfe an ounce of cassia, and thre drames
of diaseny, in thre ounces of whet, or hart-
stong water, and drynke it as is afozesaid.
After the sayd purgacyon, ye ought to an-
noynte the splene wyth oyle of byolettes,
or oyle of lynesede, or to make a playster
of the sayd oyle and lynesede, and the rootes
of capparis, and laye vpon the splene.

Also after the sayd purgacyon, it shall
be good to laye vpon the splene: nightshad
purcelan sede, and pouder of plantayne
myrte wyth byneger, lyke a playster, and
if the pacient haue more appetyte then he
can dygeste, and that he haue belchinges
of the stomake, sometymes soore in the
mouth,

of L yfe.

mouth, it signifieth that the passion splene-
tyke, commeth by a colde humoure melan-
colyke.

Remedy.

Ye muste drynke syrupe of Scycados, or
hartestonge, or orymel diuresicum with
water of the decoction of hartestonge, e-
pithime, smallache rootes, parcelv rotes,
tameriscus, and myntes, or els onely with
the decoction of hartestong, and rotes of
capers. And then after purge it fro suche
melancholy humoꝝ, wyth an ounce of dia-
cotholicon, and two drammes of dyasene,
dissolued in three ounces of the sayed de-
coction or water of wormwood or harte-
stong.

And after thys ye muste annoynte the
syde of the splene, wyth oyle of lylies, oile
of dyll, freshe butter, marpe of an ore, and
hennes greace, or of a dogge medled toge-
ther, or annoynte the sayed side with dial-
thea.

And the pacient ought to drynke white
wyne, and the decoction of hartestonge, e-
uening & mornynge, takynge two sigges,
with poudre of Slope, pepper or gynger,
but he maye putte no water in hys wyne.

¶.iii.

and

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and oftentimes he must eate capres, with a litle oyle and vineger.

If for the oppilations of the splene the pacyente hath a pale colour, or leadye in the face, and a whytnes of eles, takinge awaye of appetite, payne in the lefte syde with hardnesse, and hath his excrementes blacke, as it is a signe of the blacke iaundis.

An experie medicine for all diseases of the splene.

TAke the leaues and coddres of senye the barke of an ashe tre scraped and cut maidenheare, hartestong and liquorice, seeth them all in clere whay and after they be strayned, drynke of it twice or thrise a daye tyll ye be amended.

Remedy for the blacke iaundise.

YE must geue sirupes and purgations, as afoze is sayd, and to be lette bloud of the veine saluatella, and afterward diuers tymes eueing and morning, to apply ventoses bypon the splene wout sacrificyng. Afterwarde ye must laye on it a lyfte, wette it in good byneger, and keepe it there so longe as the heate remaineth

Of lyfe.

remaineth in the saide liſte, and warme it three or foure times.

Afterwarde annoynt the ſplene wyth dialchea, and ſo continue foure or fyue daies, and other foure or fyue dayes lay vpon the plaſter, made of two ounces of gumme armoniacke, diſſolued in vynerger and ſpred vpon lether. And if by the ſoſaide thinges the pacient be not eaſed, the doctours of philiſicke ſaye, that he muſt receiue the medicines againe, at y leaſt once in euery moneth, for half a yere together.

Regement for al oppilacions.

The patiente oughte to vſe thynges of eaſie digeſtion, and in ſmall quantity, and ought to abſtaine from bread to litle leuened, cakes, tartes, paſties, pies, hogs fleſh, biſſe, and poudred meates and fumiſhe.

Fiſhe, limmons, peason, beanes, mylke, cheeſe, ryſe, and firmentie, al fried meates drinke after ſupper, wyne and appels, whiche with all other lyke trouble the bo- dye. Also ye muſt abſtaine from much mo- uing or exerciſe by and by after meat.

It is good to vſe capres, aſparage, hops broth of dyed peason, with parſely, or hys rootes, ſmall birdes of the fielde, kyddes fleſhe,

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Nethe, ponge motton, lambe, chickyns, fesauntes, snites, partriches, scaled fyste, of swete runnyng water, with perselye, and vineger. Betwe layd eggcs potched in water, are very holesome, and ye may drynke white wine or claret, onely at meales.

Also it is good to vse crosses, sage, yslope mintes, fenell, and persely, succorpe, scari-ole, and bettes, and singularlye, to take fasting, halfe a sponesfull of redde coleworts sodden, and to cate often anyse seedes, and fenell.

The ninth chapter for diseases in the bowels.

In a person be sixe guttes thre smal which are situate ouer the nauil, and thre great, whiche are placed vnder the nauyll.

The first is called dudenum, because it is .xii. ynches long.

The seconde is called ieiunum, for that nothyng remayneth in it.

The thirde is called Ilis, because it is long and small.

The fourth which is the first of y great ones, is called monoculus, because it is like a sacke, and hath but one mouthe, & in that

Of life.

that same sonetymes are wormes engendred of ventosities, that causeth payn of the belly on the ryght syde, whiche is not the very cholike.

The fifth they call colon because it hath many holow places, and it procedeth from the right syde vnder the liuer, and it maketh his reuolucion vnto the lefte syde, wherin is engendred the cholyke, which is dispersed by all the belly, more then by any other disease.

The sixt is called rectum, because it is nye vnto the left kidney, and goeth euen ryght downe in the foundament.

Hippocrates calleth þe thre bowels that are next the stomake *Alia*, that is to say, small guts, and the payne of one of them is called *Alia* passio, a very sharpe payne. *Rasis* calleth it *domine misereere*. Likewise also *colica* passio, is called of the gutte colō, whiche .ii. diseases are sisters, forasmuche as thei come oftentimes both of one cause þe is to say of the oppilation of the bowels.

Remedy for the cholike, & of *Alia* passio.

If forasmuch as those diseases are exceeding eygre, sharpe, & almoste importable of pain wherof many times foloweth

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foloweth defeccion of the strēgth, wth v^arietie of medicines, ye ought incontinently for to help them.

First when the said paines come by stoppyng of the belly, ye muste geue hym a glister mollificatife, made of the decoction of malowes, violets, beetes, anise sede, and fengreke, with cassia, and common hony, and oyle oliue, and afterwarde these herbes of the saide glister bzused and fried and laide hote berwix. ii. linnen, & applyed to the belly.

And if by this meanes the payne ceaseth not, let the paciente sit vnto the buttockes in the said decoction, and after with dialthea and butter, annoynt the nappell. And if the saide glister do not worke sufficiently, make another of thesame. or els geue him a suppositoie which is lōg ynough, made of pure hony, and sal gemme.

For the windy cholike.

Through windynes oftentymes cometh the colica passio, or iliaca, and then appeareth that the paine is chaungeable and mouing from place to place, and is knowne also by the rumblyng, which is a noise in the bowels, with grippng, & great payn.

Of life:

payne:

Remedy:

Take mallowes, beetes, and mercury, of eche a good handfull, maioram, rue, bayes, and camomill, of eche a litle handfull, anise sedes, cummin, of eche an ounce make a decoction, and take therof a pynte and a halfe, and dissolve in it an ounce of cassia, halfe an ounce of triacle, and thre ounces of oyle olive, or of camomill, and make a glister, the whiche must be geuen warm vnto the patient, long before or after meate. In stede of the said glister, ye may geue him a ponde of oyle of linsede, whiche is a singuler thyng to take awaye all diseases of the belly. Also it is good to make a mixture with oyle of hempseede.

If or to appease the payne

caused of wynde:

First make a glister of maluesaye, oyle of camomill, or dyll. If for the said glister the payne cease not, or els the patient wyll not take them, take a great sponge or els a felt of a hat, and sticpe it in wine of the decoction of rue, camomil, maioram, anise sedes, and cummin. And afterwarde lay it vpon the payne, as hote as the patient can suffer

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suffer, and.iiii.times in the daye it is good
to let hym drinke wyne, wher in hath ben
sodden rue sedes, carawales, and cummin.
Drinke at euery time a litle draught, and
eche daye kepe abstinence from eatenge &
drynkyng muche of other thynges tyll ye
be perfectly hole.

A suppositoꝝ for the windy cholike.

Take a dramme of rue, in fyne pou-
der, and half a dramme of cummin
dried and poudred, & with honny scū-
med, make a suppositoꝝ.

A plaister for windy cholike.

Take two handfuls of rue, in fyne pou-
der, myrre, and cummin poudred of eche
halfe an ounce, foure egges yolkes, and
make two plaisters with honny, and laye on
the one at night, and the other in the moꝝ-
ning, vppon the belly.

Water of camomill is a decoction of the
same dronken, is good for them that haue
suche diseases. Also a dried alozne in pou-
der, and geuen to drynke with white wyne
is very good.

If ye know that the payn of the bellye
commeth thꝛough winde, apply vppon it a
great ventose without incision, for by that
means

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meanes þe said pain wil surely goe awaye,
or diminish. If not, it sheweth that there is
some humours that causeth the sayd payn
as fleume or choler. If by fleume it cometh
ye must make a glister of a pint of the de-
coccion of camomill, rue, wormwood, ma-
iozan, melilote, centaure, anise seedes, and
fenell, and in the same decoccion put halfe
an ounce of hiera picra, or half an ounce of
diastinico, & iii. ounces of oyle of dyl, or of li-
lies. Also ye ought to geue to the patient ste-
rupe of wormewood, and to make applica-
cion vpon his belly as hath bene sayde a-
foze, or to laye vnto it gromyll scide and
bay salt dzyed together, whiche layd vpon
the belly, is lykewyse good for the wythye
cholyke.

If after the sayde thynges the said payn
contineth, ye must make a purgacion as fo-
loweth.

A purgacion for cholyke, com-
myng of fleume.

Take five drammes of diastinicon,
thre ounces of wormewood water
and make a drink, the whiche i-
celued fastyng, foure or five houres a-
fteate, is very profitable.

For

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For payne of the cholike
comming of choler.

If the sayde paine cometh of cholere,
whiche is knowen when by the applicati-
on of hote thynges the payn encreaseth, ye
musste make a glister of violettēs, or geue
hym half an ounce of succo rosarum with
pitsan. endiue water, or wyne. And y next
mornynge let hym drynke a ptisane, of the
decoccion of pūnes, and violet floures, &
annoint the belly with oyle of violettēs, or
wete a linnen clothe in colde water, and
lave it thereupon. If it doe continue still,
the patient musste be set in warme water
vp to the hanches, and yf the payne come
of colde, ye must annoynt his bellye wyth
oyle of bayes and goosgrece.

For the wyndye cholike.

If it be wynde, make a glister of newe
milke with a litle oyle, and the yolke of an
egge, for it is very good. Also it is good to
lette hym drynke a dramme of hierapica
simpler. with ii. ounces of water, of cardo
benedictus, or purrelane or wormewood,
and to make a playster of becke leaues
fryed in oyle and vineger. and layde vpon
the belly.

Aphelwyse

of Lyfe.

Lyketulfe it is good to drinke the iuyce
of ciuila campana, or the sirup therof, and
to wear a plaister vpon the belly, made of
hony, wormewood and aloes.

A glister for all colike.

Take þe oldest cocke ye can gett, the which
must be wel beaten with smal rodde, and
then choppe of the head, and put in a good
sufficiency of water, and scale him and
trimme him for to seeth. And within the
bealy of the saide cocke, put anise seedes, fe-
nel, comin polipody, and the seedes of car-
tamy, of eche halfe an ounce, turbit, sene,
and agarike, boūde surely in linnen cloth,
of eche two drammes, floures of canomill
an handfull, sieth the vntill the fleshe go fro
the bones, and take of the said decoction a
pound, and a quartron of oile of canomill
and dill, and thre or foure ounces of egge
yolkes, make a glister, whiche muste bee
giuen warme long before or after meate
or drinke.

Pillule cochie ar very good for the said
dise, specially when the glister doeth not
suffise to pouge the cause of the same.

Also diamusci and diacuminum ar verie
good lectuaries, if ye take of one of them

℞.i.

a loz

The Regiment

a lozēge fasting, two houres before meat.
Likewise it is good to take mithridatum,
with a litle white wine, or with the deco-
ction of camomil, four or fiue houres after
diner, if his belly be naturally large, or els
by some suppositoꝝ or glister.

Against diseale of the raines of
the backe, and the loines.

Nephretica is called nephretica,
passio, and cometh of some stone
or grauell, and it is moste like vnto
the colike in cure, but in causes they be
cleane contrary: for the colike beginneth
at the lower partes on the right side, and
goeth vp to the hier partes on the lefte side
of the bely, & it lieth rather more forwarde
then backward: but nephretica passio be-
ginneth contrarywise aboue, descendynge
downwarde, and euer lieth more towarde
the backe.

Also nephretica is painfuller afore meat,
and the colike is euer more greuous after.
And often the colik chanceth sodeinly, but
nephretica contrary, for commonly it co-
meth by littell and litle, for euer more be-
fore, one shall fele paine of the backe with
difficulye of vyne. Item there is more dif-
ference

of Life.

ference for the colike sheweth bynes, as
it wer coloured, but nephretica in the be-
ginning is cleare and white, like water, &
after wareth thicke, and then appeareth
in the bottome of the vessel, like redde sãde
or grauell.

Remedy for peine
of the reines.

Ye muste vse thinges aperitiue, to
cause you make water, but afore ye
ought to loose the belly in takinge
an ounce of cassia, an houre before meate:
but if your belly bee hard bound, ye must
take a glister made as hereafter foloweth,
before ye take the saide cassia.

A glister for nephretica
passio.

Take of marche mallowe rootes two
ounces, mallowes, violettes, beetes, and
march mallow leaues, floures of camemil
and mellilote, of eche a handefull, mellon
seede and antise seede of eche halfe an ounce,
wheat branne an handful, & decoct it, and
take therof half a pound, and distempere in
it an ounce of cassia, and an ounce of cour-
se suger .ii. ounces of oile of violets, and an
ounce of oile of lilies, make a glister.

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In stede therof ye may take colwes milke, with two egge yolks, in maner of a glister. And it is to be noted, that in suche a disease the glister must be great in quantitie, or els ye shulde make wrestinge and rumbling in the beely, whiche shuld be an occasion of more pain. After this operatiō, if the paine be not apeased, ye muste giue an other glister, after the operation of whiche, the patient ought to go into some bath, vpon to the nauil, wherin muste be sodden mallowes, marche mallowes, beetes, pellitory, linseede, fenugreke, and floures of camomil, with melilore, al put in a bagge in the saide water, and rubbe him with it: and at his going out of the said bath, ye must take .ii. ounces of sirupe of maidenheare, and radishe with .iii. ounces of the decoction of liquirice. Moreover, after the saide bath, ye must lay vpon the paine, a pultes made of herbes, and floures, with oyle of almonds, being in the saide bagge, and .ii. or .iii. morningys, take .v. or .vi. ounces of the broth of cicers, sodden with liquorice, or elles drinke water of pellitory, of cresses, or of rotes aperitiue, the whiche waters ar very good for to purge the gra-

uel

Of life.

well and the stone Likewise a very good
electuary, for the same, called electuariū
ducis, or iustinum, philanthropos, or lion-
tripō if one take a dram or two after ope-
ration of a glister, of cassia, or a pill of ante-
cibum, and after to drinke one of the saide
waters, or elles a litle whīt wine warmed.

Regiment asswel for the colike, as for
the reines of the backe.

He must fle from all euill qualities
of the aire, as winde, rain, greate
heate, and greate colde, specially to
kepe him from warming the reins against
the fire, nor to heate it by any other mea-
nes. Also he must abstaine from greate re-
pletion at one meale, and to long absti-
nence from meat, for all these fill the body
full of yll humors. Also sleape not on the
haye, specially after meate, nor lye not on
the reines when ye are asleape.

And ye ought to eat no saltfyshe nor no
chief, nor other grosse meats. Likewise one
oughte for to beware of all foules bred vp
in the water, spicery, pastry, and bread not
very well leuened, specially tarts, cakes,

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and

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and other pasties made of flour. But aboue all, ye must beware of white-meats, as milke, these raw frutes, hard egges, and as much as is possible, kepe your self from ire, enuy, melancoly, and other like affections.

For the fluxe of the wombe.

If all fluxes of the belly, cause the excrementes to bee duely scrched for: if the disease bee suche, that the meate cometh out, euen as it was receiued, or not halfe digested; the saide fluxe is called hienteria. If greate abundance of watery humours haue their issue belowe, the saide fluxe is named diacchea, which is as much to saie as fluxe humozall. And if bloude or matter appeare with the excrementes in the sickenes, then they calle it dissenteria, which is a great disease and a dangerous for to cure.

Remedy for the fluxe hienteria.

As much as this fluxe cometh for the moste part of greate debilitie of vertue retentive of the stomake, for the great moistnesse of the same, it is good to giue the sirupe of wormwood and honey of roses, taking of it with a sponne, or drinke them

Of life.

them with the water of betony, fenel, and wormwood, and if it so be the patient doo desire to vomite, it wolde be good for him, or let him take half an ounce of hiera simple, with two ounces of water of wormwood, and if the patient be strôg ynough, adde thereto two drammes of diasinicon. And after this ye must cōfort the stomake with oyle of mastike, spike, white wormwoodde, or nardine, or with a plaister called cerotum Galeni, spread vpon leather, and after laide vpon the stomake, or make a bagge of wormwood, mintes, and maioram dried, and lay it vpon the stomacke. In the morning take a lozenge of aromaticum rosatum, and a littell rinde of citron cōfit, and before euery meale, take a morsell of conserue of quinces.

Remedy for the flure humozall called diarthea

We saide flure oughte not to be restrained afore the viii. daye, if nature be not verve muche enfebled. And sometime it cometh of hot causes, as of choler, & then one ought, to giue

viii.

into

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unto the patient to drinke afoze his meate
sirupe of ribes, sirupe of roses, or sirupe of
quinces, verve smithes water, and in the
stede of those sirupes ye maye make a iu-
lep thus.

A iulep for the flure humozall.

Take rosewater, buglosse, and plan-
taine, euery one half a pound, of all
the saunders two drammes, and
with a quarttron an half of suger, make a
iulep. In the morninge two houres afoze
meat, it is good to geue the patient old co-
serue of roses, or a dram of trosciskes of
roses, after he hath dronke one of the saide
sirupes, or of iulep of roses with a litle of
smiths water, wherof the patient ought to
drink at euery time when he is a thriste.

If in the saide flure ther be egre matter,
and the strength of the patient any thinge
consta, ye may minister the lauatozie that
herafter ensueth.

Take redde roses, barley, plantain, of eue-
ry one a handfull, sieth them, and in the
streining adde two ounces of oile of roses
one ounce of hony of roses, and the yolke
of an egge, and geue it in the maner of a
glister. Sometime it is expedient to take a
medicine

Of life.

medicine by the month, and it is made as thus.

A medicine for the fluxe.

Take the rindes of mirabolan citrin baken one dramme, rubarbe a litell dried vpon a tile, halfe a dramme, sirup of quinces one ounce, water of plantain. iii. ounces, mingle all together, and let the patient drinke them foure houres before meate, and then giue him a glister retentive made as thus.

A glister for the fluxe.

Take oile of roses, or quinces, of mastike, of euery one three ounces, bole armoniacke in powder. ii. drams, medle all together, and giue it as a glister.

Another.

Take the iuice of plantain, of poppy, of bursa pastoris, and oile of quinces, of euery one. iii. ounces, mingle them together, and giue it for a glister. And if the bowels be excozied, ye shall giue this perculiar remedy. Take half one pounce of milke, the water wherein gaddes of Steele haue ben quenched, the iuice of plantaine, and oile of quinces of euery one. ii. ounces, bole armonie one drame, goates tallow one ounce
and

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and make them in a glister, but without
vpon the stomake, ye muste laye this oint-
ment that here foloweth.

An ointment for the fluxe.

Take oiles of roses, quinces, and mir-
tilles, of eche an ounce, oile of massik halfe
an ounce, powder of corall, and nuttes of
cypresse, of euery one a dramme, mingle al
with ware, and make an ointment. Here
is to be noted, that the glisters that are gi-
uen for to stoppe a fluxe, must be very litle
in quantitie.

We may heale the fluxe of disenteria with
giuing thinges before declared for the flux-
humorall, and take afore youre repasse. ii.
drammes of cōserue of quinces, or of mar-
melade of quinces. And he ought to drinke
water, wherein hath bene quenched gad-
des of Steele, and ye must auoide diuersitie
of meates, and giue your selfe to ease, and
to quiet and sleape a great while.

And it is good to vse greuel, clene barley,
and alind milke, with a litle annidum, and
set beatoes vpon the belly without cut-
ting, whiche thinge is also good in all flux-
res of the body. If the said fluxe humorall
procedeth of fluxume, it shall appeare of the

excre-

of Lyfe.

excrements that are watry and flegmaticke, and than ye ought to geue. iiii. oz. iiii. morninges, sirupe of woozmelwood, oz of mint, after purgacion as is here folowig.

A purgacion for the flure

humozall.

Take. ii. drammes of mirabolanes dried on a tile, half a scrupule of agarike in trociske, halfe an ounce of sirupe of mint, oz. ii. ounces of water of balme, and make a pociõ that shall be receiued. iiii. oz. iiii. daies afore meate.

If ye will make a iulep, take water of minte, and of balme, of euery one halfe a pound, suger a quarterne and make a iulep, of the whiche one maye drinke euening and morning after meat euery time a draughte. Euery morninge it is good to take a lozenge of the electuarpe that foloweth.

A noble electuary for

the flure.

Take pouder of dyagalanga a dramme and a halfe, of redde corall and massike, of euery one a scrupule, trociskes of terra sigillata halfe a dramme, the
darkes

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barkes of citrons confit, and quinces, of euery one thre drammes, sugar, dissolued in water of mintes. iiii. ounces, make an electuarie.

Oiles of wormewood, minte & of narde, and massike, are very holtsome to annoint withall the belly, and the stomacke, for the said flure.

And the thinges declared of the flure lienterta, be very good in this case, taking euer after meat, a morsell of marmalade. Redde wine is very good in this flure, to drinke at meat with the water of a smith, and likewise al spices are good for the same purpose.

Medicines to restraine the flure, of whatsoeuer cause it be.

TAke the peisill of an harte, and drie it into pouder, and drinke it. The water of oken budde, or the very acornes dried and made in pouder, & dronke in redde wine, is very good.

Item the mawc of a yag leurette wi h the iuice of plantaine, is exceedinge profitable.

The tenth Chapter of diseases of the matrice.

First

Of life.

First against superfluous flux of the
mother in the whiche ye must con-
sider whether it do com of to great
quantitie of blood, & then it is good
oz to open the betine saphena, and abstaine
from all thinges that multiplie the blood,
as egges, wine and fleshe. Or whether it
come of cholere, and then ye must receiue
a litle sirupe of roses pomegranates, oz ri-
bes with water of plantain. Than purge
the choler that giueth such sharpnes to the
blood, by .x. drammes of trisera sarraceni-
ca, with two ounces of plantain water, oz
the medicine of reubarbe, written in the
treatise of the fluxe humozall.

After purgacion ye may giue euery mor-
ning a lozēge of triasandaly, oz a drāme of
tresciskes of roses, in powder, after drinke
two ounces of plātain water. And if suche
fluxe of the matrice, happē of the watrines
of blood, giue her to drinke foure oz .v. mor-
ninges, hony of roses with a litle water of
wormwood afterward purge her wth a drā-
me and a half of agarike in trosciskes, and
half an ounce of trisera sarasemica, mixt wth
water of minte, and of wormwood.

We maye knowe the causes of the saide
flux,

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Flux, by announcing a threde or cloute in the saide blood, for if it hath the coloure of bermilon, it signifieth that the flux cometh of to much blood. If it appere a hile yelow, it signifieth that the disease cometh of the subtiltie and sharpnes of the blood, ouercom with choler. And if it hath a coloure lyke the water in whiche newe fleshe is walshed, it betokeneth the bloude is muche watry.

And after ye haue purged the principall cause of the disease, your seconde intencion shalbe, by and by to staunche the saide illue. Wherin also one thinge is to be noted, that if nature be accustomed to auoide any superfluites, by continual course of the said flux, it wold perchaunce be inconvenient for to stop it, wherfore if ye see no iespardie, ye may refraine the said flux this wise.

Remedy for to stoppe the said flux.

Take trociskes of white amber, and make them in powder, and glue a dramme euery morning, and anon after drinke an ounce, or ii. of water of plantaine.

In stedde of these trociskes, ye maye make

Of life.

make a pouder of sanguis draconis, bole armeni, white amber, and red corall, drinking one dramme thereof, with plantaine water as is aforesaid.

An other medicine to staunche the saide fluxe.

Take two ounces of olde conserue of roses, of the seede of plantaine, two drammes, sanguinis draconis, bole armeny, of euery one a dramme and an halfe, white corall and redde, and one dramme, make a confection with sirupe of mirtilles, and geue it to drinke, morning and eueninge two houres afore meate, at euery time the quantity of a meane chesnutte.

For the same.

Applie ventosles vnder the breastes twofe a daye, befoze dinner and supper, and vse to beare about your necke or holde alwaies in your hande, red corall, iaspis, or a stone called hematites, whiche is a singular remedy for to stop euery kinde of bloudy fluxes yf it be boyn, or tempered in wine and dronke, or make therof a pouder and vse of it euery morninge with a littell wyne.

For

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For retelyning of
the flowers.

Sometimes there chanceth vnto women when they can not haue their due purgations, to fall in greuous kindes of sicknesses, for the auoidāce wherof, it is good to helpe them and prouoke the said purgations by such thinges as open, which must be giuen at suche time of the moone as the said women were wont to haue thesame.

And if ye see the womans bloud to be to grosse and thicke, so that she can not haue any suche purgacion, ye muste euery moeth geue her the sirupe of sumetory, with the decoctis of bozag and buglosse, and let her bath her selfe with fre she water hoat.

And when she goeth out of the bath in to the bedde, she muste receiue the forsaide sirupe and decoction of the herbe called rubea tinctozum or madder, sodden in cleare water. In steade of sirupes ye maye take the verry iuyce or decoction of the herbes.

And if the womans bloude be stinky, cold, & flegmatike, the she must drinke sirupe of Ricados, & of orimel diuretique, & afterward take y pilles called fetide, & of agarik. And
euery

the pestilence.

And al diseases comig of cold mater. Mars
by reaso of his heate, bzigeeth forth fevers
pestilencial, spittig of bloud, water vnder
midrieff, & the pleuresy, & which is a disease
engedged lyke an apostume of choleeryke
matter i a thich pāicle, or slime vnderneath
rybbes. A prouident phisician among many
other thinges, ought to cōsider y entrig of
the sūne into Aries, by true equacyō of the
houses & planets, for y influēce hath more
dominaciō thē haue al y other influēces of
y hole yere besyde, except y superioure cō-
iunctiōs of y plāets; or els the great eclipsa.
And this entring of y sūne into Aries, pas-
seth al y entriges of y sūne into any other
sygne. Therfore you must consyder how y
lord of y vi. house in y figure is disposed, for
he is lord of sicknes, y is to saye, you must
cōsider whether he be impedit or no, & if he
be impetate, there shalbe many sickneses,
accordig to his nature & his house, y is the
vi. house, as hieraple thus. But in case that
Saturne be y Lord of the vi. house, & some
earthy sygne is in y sūe house, thē most da-
mōlie y sicknes of y yere, shalbe of lyke na-
ture, y is, cold & dry. And ouer this y muste
cōsider, whether y the lord of the vi. house
L.i. hath

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hath any aspecte to the lord of h house of death or h lord of h house of death to hyni, the most commonly the ende of those sicknesses that are colde and dry shalbe death.

And likewise as it is declared of the entryng of the sunne into Aries, so it must be sayd of the coniunctyons of the sunne and moone, thzough al the yere, marking euery the nature of the planete beynge in the. vi. house, if there be any, and the aspectes to those two houses aforesayed.

Also he muste consider, whether this entryng of the sunne into Aries, or any of the coniunctyons of the luminaries, be in the eyghte house or no, for then it should be much worse.

And note, that if the eclipse of the sunne or moone, be in any of the angles of the nativite of any person, or in any of the angles of the revolution of hys nativite, then he shall suffer sickness accordinge to the nature of the same angels.

And if the sayd eclipse be in the middell of heauen, he shall suffer hurte in hys honoure and fame: and if it be in the ascendent: he shalbe grieved in hys body, and so forth of other houses, but it shalbe the worst,

the pestilence.

For in case the eclipse be in the ascendent, specialli if it be the eclipse of the sunne, for that is the more dangerous of the twoo, forasmuche as the effecte of the eclipses of the moone, is alwayes synyshted in y space of one yere at the moste, some tyme in lesse, and for the moste parte in thre monethes. But the effecte of the eclipses of the sunne, is very long or it come to passe sometymes. xii. yeres, as wytnesseth Prolome in hys centyloquio.

The Astrologians take the iudgement of the yere, by the entryng of the sunne into Aries, in the first minute, and if it then happen that al the yll planetes be in the eyghte house, whych is the house of death they say that yere shal ryse a pestylence and dyuers other sickenesses, accor dyng to the nature and condycyon of those planetes.

And if the mone in the same entrynge be nere vnto the coniunction of the sunne, as sometyme happeneth, within twoo or thre or foure degrees, y yere shalbe a death and pestylence vniuersal, and y shortly after that conianctio, specially at y comynge of the moone and the euill planetes

Lal. to

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to infortunes, and as the infortunes bee,
the effectes shall so appeare, be they more
or lesse.

1525 Furthermore, ye muste consyder the
greate coniunction of the ii. hier planettes
as was the coniunction of Saturne and
Jupiter, the yere of oure Lorde. M. cccc.
xxv. in the last day of August, and the. xiii.
degree of Scorpio: whyche coniunccon
chaunged fro an ayre triplicitie to a wa-
try, and it was in a watry signe, whereof
there chaunsed very much rayne, and ther
vpon folowed the excessive humectacyon
or moistning of mans body, whiche by & by
turned to putrefaccion, and ther vpon en-
sued perillous and corrupte feuers, pesti-
lences, and agues, specially because in the
coniunction, Saturne was exalted, in the
north aboue Jupiter, which Saturne is of
yll influence.

Of the thirde roote or cause of
thys enteragyon
syckenes.

The thirde roote or cause being in-
ferioure, is the stinche and filthye
sauours that corrupte that ayre,
whyche

the pestilence.

whiche we liue in: for we cannot liue without drawyng of the breath, and we haue none other breath, but of the ayre rounde about vs, which if it be stinkig, venimous and corrupte, and we by necessity draw the same vnto vs, immediatly corrupteth and infecteth the harte, and the lyuely spirites of the same, and after that inuadeth all the other members of the body to infecte them likewise, by reaso wherof is engendred a corrupt and venemous feuer of pestilence very contagious to all that are about the, for the venimous ayre it selfe, is not halfe so vehement to infecte, as is the conuersacion or breath of them that are infected already, and that by reason of the agreyng of the natures, whyche is the verry cause why our bodyes be infected by contagyon of men, more then any other beastes.

Of the fourth roote or cause of
the sayed disease.

The fourth roote is, the abuse of thynges not naturall, that is to wete of meate and drynke, of slepe and watching, of labour and ease, of fulnes and emptynes, of the passions of

L.iii. the

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the mynde, and of the immoderate ble of
lecherie, for the excesse of all these thyngs
be almoste the chiefe occasyon of all suche
pyleases as raigne amōg vs now a daies.
For all that our meate and drynke is not
digested, turneth anone to putrification &
to euill qualities.

And to muche slepe replenisheth the bo-
dy wth to great aboundance of humours
but ouermuch watchyng doeth dry by the
natural humidities.

And as watchyng dooeth so doeth im-
moderate labour, and as slepe dooeth,
so dooeth reste and ease oute of measure,
put the body in greate distemper, and ma-
keth it apt vnto thys sickenes, as is dayly
sene.

And whoso wyl be ruled as becometh
hym in thys case, shall neuer be lyghtely
infected, and if chaunce he be, he shal ease-
ly with a litle helpe: y^e sometyme by very
nature only, saue hymselfe and ouercome
the sickenes.

Nowe seeynge that the causes of thys
sayd discaise be so great as is afoze rehear-
sed, it is not to be wondred, though y^e thing
it selfe be very huge and daungerous, and
of

the pestilence.

of harde curacyon: wherefore sayeth Ap-
tzen in hys fyrst of metaphisikes (although
he were no christian:) we muste with good
and vertuouse luyng mytygate the
wraoth of God, and by contynuall praiera
keepe oure selues styll in the state of
grace.

Therefore would I counsell euery chris-
tten man, that is in doute of thys dys-
ease to cure first the feuer pestylencial of hys
soule, calling for that holosome water, the
wel of life, wherof it is wyrtten. Omnes
sidentes venite ad aquas. &c. Which wa-
ters he onely getteth, that sayd to hys disci-
ples. Qui biberit ex a qua quam ego dabo
illi erunt in vetre cius aque vine salientes
in vitam eternam. And this done, vndoubt-
edly the sykenesse of the body shalbe the
easier to be cured.

And for because the other soueraine re-
medye preseruatiue is to flye the corrupte
ayre accordyng to the prouerbe, Longe, et
tardo. Flye by tymes, flye farre, & come
slowly agayne.

Yet for so muche as euery manne can
not, nor is of abilitie so for to doo, it is
good for them to looke vppon thys lytle
L.iii. regimente

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regiment, wherein with the ayde of almighty God the hye Physycyon, if the be-
nigne be not to outrageous, he shall fynde
how to preserve hym selfe well ynough
from it.

And for the better knowledge and un-
derstanding of thys treatise, ye shal know
that it is deuided into.ii. partes.

The first is of the maner to preserve a
man from the pestilence only by dyete, in
such thynges wythout the which, one can-
not be long aloue in health.

The seconde treateth of the cure of the
sayed disease by the way of holsome medi-
cine.

The first parte is distributed into vii. lit-
tle chapters.

The first chapter treateth of the electi-
on of the ayre.

The seconde of meates and drynkes.

The thirde treateth of slepyng and of
wakyng.

The fourth treateth of exercyse.

The fyfth of emptines and fulnes.

The syxt speaketh of the accyden-
tes of the mynde.

The.vii.of medicines preparatiue.

The

the pestilence.

The second part is deuided
into sixe Chapters.

The first howe to knowe whan a man
is infected.

The seconde of the cure of the pestilence
by the way of diete.

The third, of the cure of the pestilence
by the power of medicines.

The fourth, of cure thereof by lettynge
of bloude, ventoses, and purgacions.

The fifth, of the cure of the same by out-
warde applications.

The sixth, howe to cure the botche cal-
led a Carbuncle, or Antrax.

The firste Chapter of the
firste part, treating of
the cleccion of the
ayre.

Althoughe the disposition of the
ayre colde and drye, or ele mode-
rately moyst, be muche commen-
dable in the tyme of pestilence, yet
there must be moderacion in the same, as
wel as in the sixe thinges not natural here
tofore

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tofore declared. For ye must haue a good respecte vnto the complexion, the age, the custome of liuyng, the region, the composition of the body, strength, sickness, tyme, and many other thynges. For some requyre an ayre more hote, than other some doe, and lykelysse in other thynges, the whiche I doe remitte vnto the good discrecion of euery well learned man, and to suche other as haue any knowledge of naturall thynges.

For the more suretie, it is good for the that may, to dwell in hygh, or hilly groundes, hauyng in the mornynge whan the sunne is vp, a wyndowe open toward the east, and when the sunne goeth down an other wyndowe open toward the weste, and close vp all the wyndowes on the south, syde, for that wynde is very yll in tyme of pestilence.

Also it is good to rectifye the ayre with in the house, yf it be in sommer, by sprynklynge in the chamber vineger, and water of roses: if it be winter or colde make a lusty fyre of cleane woode and put in it mirtre, myrrour, laurel tree, or iuniper, or cypress, and in tyme temperate, myngle the
hote

the pestilence.

hote thynges with the colde aforesayde.

Which sprinklynges, and burnynges, ye may make at all tymes whan ye wyl, but specially in the moornyng, to correcte & bapours of the nyght.

I rede in Plotino, that the Egipcians were wont to fume their houses and their bodyes in the day with turpentine or rosin and in the night with myrrer caste upon the coales, and so resisteth al venimous ayres and contagious.

The first hath so great vertue agaynst the pestilence, that we reade howe Hypocrates preserued the whole countrey and cite of Athenes, by makynge of great fires in the stretes, and all about the towne by nyghts, and so deliuered them from the certayne death, that should haue comen among them. For whiche cause the citelens of the saide towne, made vnto hym an ymage all of golde, and honoured hym aliue as if he had be a god. And it is good in hote time, to straw & chāber ful of willow leues & other fresh boughes, which must be gathered after & sun setting, & lay about your bed & windowes, bine leues, quices, pomegranads, qēges, limōs, citrōs & such other fruits,

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fruites, that are odoriferous, as roses, floures of nenuphar, violetttes, and other lyke. And in colde tymes, take sage, laurell mynte, wormewood, nept, baume, rue, and galingale, whiche thynge ye maye some tyme carpe about with you in a clothe, to take the ayre of them.

And in tyme of heate, temper a sponge or a cloute in water of roses, and vineger. And in tyme of colde ye maye adde to it a litle cinamome, and thus he that is dysposed to haue precious sauours as pomaunders, or other suche, maye compose theym according to the necessitie, and as the complexion of his body shall require. Alwaye takyng hede, that women whiche are with chylde, and they that haue the suffocacion of the mother, or els catarres take no such odoure, as shall putte themselves to anye daunger, or displeasure.

In a colde tyme it is good to hold in the mouth. jedoary, enula, cāpana, cinamome, cloues, the rinde of a citron, lignū aloes, or any one of them. But of the seasō of the yere be hote then take corianders prepared, graynes of paradise, sauanders, seedes of ozengea, or of limmons. And in tempe-
rate

the pestilence.

cate wether, mingle the one with þ other.
But it is good in al tymes, to beare about
you pꛑecious stones, (yf ye haue them) spe-
cially a iacinet, a rubie, a garnet, an eme-
ralde, or a saphire, whiche hath a specyall
vertue against the pestilence, and they bee
the stronger, yf they be boꛑne vpon youre
naked skynne, chiefly vpon the fourthe
finger of the left hande, for that hath great
affinitie wꝑth the hearte aboue other mē-
bers.

And as touchyng them that are conty-
nually among the sick of this diseale, they
muste take hede in any wise, to kepe them
from their breathe, and that they dooe not
stande betwene them and the fire, nor re-
cetue the odour of their sweates, byꝑnes,
vomites, and other excrementes of the bo-
dy, nor to eate and drynke with them, nor
in their vessels, nor to lye in their couches
nor weare any of their apparell, excepte
they be well sunned, or wythered in the
cleane ayre.

It is also good to fye from all places
that be corrupt, or stynkyng, and to kepe þ
stretes & houses very swete & cleane. And
the rulers ought so to pꛑouide, þ no filchpe
donge,

A treatyse of

donge, nor any dead carions, be caste into the stretes, for that shoulde sore infecte the ayre, and bryng many men to deathe. And durynge all the tyme of this disease, there ought to be no hote houses vsed; but forbidden and locked vp, till suche tyme they see no further daunger.

The seconde Chapter, of
earyng and drynking.

The meates ought to be of very light digestion, more in sommer then in winter, hauyng alway an eye vnto the complexion, customes, and other thynges aforesayd. The houre what tyme ye shall receyue your meate, is when your appetyste commeth vpon you, after yfyrst digestion made. Great replecion ought to be abhorred, but a sufficient meale is very hole some. Neither is diuers sorte of meates allowed of any phisicke, but yf ye wyl haue diuers sortes, then beginne with them y are the lightest to digesse, and that beste nouryssheth the body.

Your bread muste be of pure corn, kept in good ayre, and not sultrye, metelpe well salted, with sufficient leuen, and baken in
a place

the pestilence.

A place where none euill ayre is, & it must be of a daye or two dayes olde, or there about.

Wheate is best among al other cornes euen as wyne among all other licours, al though the barley bread be good for them that mynde to kepe them leane. Meates of euill taste, after they be long dead, and stynkyng fysh in lyke maner, & the fatter of all fyshes, and meates that haue bene wyse fodder, thicke wyne and troubleous, or other wyse corrupt, waters of marishes, and blacke groundes, and suche corrupte meates and drynkes, be very perilous.

But good wyne, sauoury, and cleare, & good meates taken, with an appetite are cause of health, and preservacion from the pestilence.

Almeiger is a noble thyng in tyme of pestilence, yf ye haue none other impedymēt to let you to receyue it, and ye maye correct it accordyng to the nature of the cause, in such wyse, as may be comfortable to the vitall spirites of the heart.

Bozage and buglosse, are verie good preseruatiues in thys case, and so is a litle quantitie of saffron, orenges, limons, pomes

A treatise of
pomegranades, citrös, prunes of damask,
and other such, in good conuenient quan-
tity, adding to them a litle suger, and cy-
namome for correccion.

A nut is called the triacle of fish, shaled
and sugred with a litle rose water: and as
sayeth Isaac, a nut and a fig dyed taken a-
fore dinner, preserveth a manne from all
manner of poysons.

The thyrde Chapter, of sle- pyng and watching.

TO muche sleepe engendreth manye
humours in the body, speciall ye if it
be in the day time, and it dullecth the
memory, and maketh a man duller and
apt to receiue the pestilence.

Therefore created almighty God the
nyght, wherein we should rest, and the day
for to kepe vs wakpyng, that we fall not in
to synne and slouth. Surely to slepe on the
daye tyme is excedyng hurtfull, for when
the sunne ryseth, he openeth the poores of
the body, and byngeth the humours and
spirites from within, to the outward par-
ties, whiche prouoketh a man to watching
and

the pestylence.

and exerceyse oꝛ woꝝkes.

And contrary wyse whe the sunne goeth down, al thynges are closed and coacted which naturally prouoketh a man to rest.

Moreouer the stomake by the behemēt heate of the daye is naturally dilated and spreade abroade: so euer agaynst nyghte, by reason of the auoydaunce of the spyꝛytes it wareth somewhat feble and when the nyghte commeth, requireth to haue quiete, whereby it may acqꝛyze moꝛe plēt of spirites foꝛ the nouryshyng of it selfe.

And therfore whosoouer waketh in the tyme of slepe, oꝛ slepe when he oughte to wake, he peruerteth and hurteth not onelyc hys memoꝛye, and all hys other vertues of the mynde, but also manye tymes shall engender apostemes, caterres reumes, agues, palseyes and many other greuouse and naughtye dysseases in the body.

Also ye muste take heede, that ye watch not to muche, foꝛ therof commeth drynesse of the bꝛayne, and many other syckeneses that melancholy bredeth.

But he that is vsed to slepe very muche and cannot abstayne in any wyse, let hym

¶ i. slepe

A treatyse of
leepe in a chayre, or els sitting in a place y
is cold, but not lying, if he loue his health.

The fourth Chapter
of exercyse.

Moderate exercyse or labour is ve-
ry necessary to the preservinge of
health, accordyng to euery mans
age, custome, complexion, strength, & such
other, so it be done in the mornynge, and at
euen, before any meate, and in a place of
good aire, and not infected with corrupti-
on.

Aulcenne sayeth, that he onely ought to
abstayne from laboure, that nothyng re-
gardeth the health of hys body.

And Galene sayeth that exercyse quick-
neth the vertues naturall, animall, and
dital. And Rasis telleth of a great pestilence
wherein there were very fewe saued, bee-
cause they lyued idelly, and would doe no
laboure.

Finally defaulte of good exercyse is
oftentymes the cause that manye dye so-
daynlye, afore they feeles them selues
sycke. &c.

The

the pestilence.

The fift Chapter of empti-
nes and fulnes.

It is holsome for you, euery day once
to procure the duety of the wombe, if
ye cannot naturally, yet at the leaste
wayes seke some other meanes, as by a
glister or supository, for the long wythhol-
ding of any superfluities, is in this tyme
very daungerous and hurteful. And al the
tyme the sayed dysease endureth, they that
haue any fistules, oughte not to bee cu-
red.

And they that haue any issues by theyr
hemoroides, may not be restrayned wyth-
out the fluxe be soze excessive, & they y had
the foresayed hemoroides and were cured
afoze, let them open them againe for feare
of further daunger.

Also they that are disposed to be scabby
hauing great iche, and such diseases of the
skynne, ought to byng the matter oute by
rubbinge, and behemente clawynge with
their nayles.

Excesse of women, is exccadynge peril-
lous, but if ye cannot rule youre selfe
take good heede, ye dooe nothyng

A treatyse of

afore the fyrst dygestyon, and byll nature doeth prouoke you, for euerye suche excesse weakeneth more the body, the if ye should be let bloud. xl. tymes somuch, as wytnes- seth Auyccenna, and is cause many tymes of pestilence, and of death.

The. vi. Chapter of accidentes of the mynde.

Ye muste beware of al thynges that should make you to be pensyue, he- uy, thoughtful, angry or melanco- lyke, for al such thynges are inoughe to in- fecte a man alone.

Pass the tyme ioyfully in good things honest and decent, euery man accordynge to hys owne heart, and the estate that god hath called hym vnto

The. vii. Chapter, of medicines preseruatiues.

Al they that are of good complexion and of holome dyete, nebe not to bee purged. For an hole body and bovye of all humours, is not lightly taken of the pestylence, as the other are.

But if it be a body ful of humours or a great eater wythout any exercyse or tra- nayle, suche oughte to let themselves bee purged,

the pestilence.

purged, and they that haue to much quantite of bloud, or if the bloud be any thyng corrupte, they oughte to aske counsaile of some good experte phisicions, and not to put their truste in any bayne bosters that detracte other, whych in al cases and at al tymes geue them mercurye precipytaunt and other medycynes cozorsyue, which for the moste parte are benyyme of themselves and vnder couloure of an other medycine doe dysceaue the pacyente: a wonder to be holde, howe craftelye they couer it, sometyme in syrupe, sometimes in suger, other whyles in fygges, losenges, or raysyns, leaste it shoulde appeare (as it is in deede) that they geue the pacyentes very quick-syluer.

Some other affirme that the mercurye is quenched, or throughtly mortified, and worketh none other wyse but by secreete qualitie against all diseases in the body of manne: for the excesse of elementes save they, is clearelye corrected in precipitacio and adustyon of the syer.

Howe commeth it to passe (if thys bee true) that when a lytle of it is set vpon a cole and a peece of fyne golde adjoined to it

A treatise of

we maye see playnlye the very quicke syl-
uer, cleuing to the golde, and wyll make it
as brittle as if it hadde lyen in verye rawe
mercurie: Wea how chaunceth it y when
it is mingled w hote creame, it wilbe crud
again as it was afore. And to save the
trueth, the quicke siluer rawe, is better to
be dronken, then suche as is sublimed, for
that hath been permittted, both of Dioscor-
ides and of diuers other: but we neuer
reade of any good phisicion that euergaue
counsell to take the precipitate, because of
the topporose and other benynous ingre-
dyence beeyng wyth it.

And although that for the tyme perad-
venture some escape, and feele not theyr
effecte in dede as many other dooe (that is
to save, debilitte of the vertue radycall of
the stomake and other members principal
purginge of the good humoures and lea-
uyng the euil within the body, wherof en-
sueth many times death) yet they leaue a
certaine euil qualittie or impression of the
bodies in all that doe receiue them, and so
they make worke for good phisicions, to y
great hurte of them that haue beleued the.
Suche galaunties shoulde goe prours their
pouder

the pestylence.

pouder made of quicksiluer, amonge the Turkes and Sarasins, and not vpon their euen christen, and their neighbours. But now to our entente.

The pilles called pillule communes a boue other pilles preseruatiues, are allowed to be of hiest operacion, by reason of a certayne propterte that they haue within them, as Rufus the composer of the saith, that he neuer saw any man that vsed them but he was preserued from the pestilence.

There gooeth into their composition, myrre and aloes, which haue great vertue to kepe the body from putrefaccion and are made thus.

Take of aloes epatyke wel wasshed two drammes, mirre washed, and saffro, of each a dram, make the vp with white wine, or y^e iuice of limons, or of ozenges and suger. Some take them euery thyrde daye, the weight of halfe a dram, in the moornyng. Iii, pilles and euery day one afore supper. Let euery mā doe accordyng to his nede, and as his body is replet wth humoures, but it is good to drik after the a good draught of wyne, tempered in a little water of roses, or of wormewood, and if they be to hard,

℞. iiii. hard,

A treatise of

harde, let them be resolved in the sirupe of
lymons, or a lytle wyne.

Some doctroures ioine vnto them other
spyces, after the complexion of the person
and the humoure that they nede to purge
And they washe the aloes and the myrrre,
in an hote season, and for him that hath an
hote lyuer, in water of roses and of endiue
but in that lette euery man bee hys owne
iudge: yet I would counsaile them to stick
rather to the good experimentes that haue
been accustomed, than the fantasyes of
theyr owne imaginacions.

The Apoticaries ought to haue in store
both the two sortes, and to see that they be
sufficiently lenened, and that the forsayed
aloes be elect and pure.

They whiche haue the hemoroides
and woulde vse the forsayed pylles, lette
them adde a lytle mastyke, or the gumme
that is called bdellyum. If anye haue a
bloudye flure, or excorpyacion of the bo-
wels, lette hym not receyue them wyth-
out a better counsel. Women also greate
wyth chylde, and they that are subiecte to
any flure of bloude oughte not to receyue
them.

Among

the pestilence.

Among other thinges, it is a good preseruatue, and a thyng well experte and commended, to eate in þ̄ moꝝnyng, fasting one dꝛye figge, one walnutte, and foure oꝝ fīue leaues of rue chopped altogether, and afterwarde to dꝛynke a draughte of good wine. But it shalbe sufficient foꝝ them that are with childe, to take the sayde thynges, leauing out the rue.

In a hote season it is good to temper þ̄ said wine with a litle rosewater oꝝ of violettes. Some other take fīue houres afore dinner thꝛee tymes in a wike, the weight of halfe a crowne of mithꝛidatum, oꝝ of fīne triacle, tempered in a litle good wine. But in tyme of heate, and foꝝ hote complexions, it is good to put in it a litle conserua roses, and to myngle them with water of soꝛell, oꝝ of boꝛage, oꝝ of buglosse.

Mithꝛidatum is a great medicine agaynst all kynde of venim, foꝝ we reade þ̄ the fōunder of it, kyng Mithꝛidates, who dyd vse to eate thereof, coulde neuer be hurte by any kynde of popson. The same Mithꝛidates beyng ouercome in battayle of the Romanes, woulde haue kyled himself with the moste swifteste popson that coulde bee deuysed

A treatyse of

deuyfles , but when he hadde dronken many sortes of fuche , and neuer a one wrought anye thyng to purpose , he caused hymselfe to bee slayne of hys seruantes, after whose death Pompeyus , the graunde captayne of the hooſte, founde in his ſecrete coſſers , a certayne byll wyrtten of his owne hande, in effect thus.

Twenty leaues of rue , two fat pygges two walnattes, and a litle ſalt, whoſoever eateth of this , ſhalbe ſure from all kynde of venim that daye.

The good triacle hath alſo a good vertue, but there ought to be a punyſhement of them that doe abuſe it with counterfayted ſuffe, which deceiueth many people, & cauſeth them to dye, that put theyr truſte in it.

Some other take in tyme of colde , a clove or two of garlyke, whiche is called the husbandmans tryacle, and after drynke a draughte of good wyne, and in hote tyme take and eat a fewe leaues of ſozell, and drynke a draught of the water thereof, diſtilled, for it is excellent and good in al complexions, tymes and ages.

Alſo

the pestilence.

Also it is good to drynk euery morning
a draught agaynste the pestilence that is
thus made.

A drynke for the
pestylence.

Take in the moneth of June or at any
other conuenienc tyme, our ladye thistle
burnet, scabious, gētiane, sozell, of eue-
rye one a lyke muche, floures of buglos,
redde roses, herbe dragons, and madsc-
lon or morsus diaboli, twyse as much as
all the other, steepe them all in whyte
wyne and rosewater, durynge one nyghte,
then sette them all in a common stillato-
ry waying in for euery pounce of herbes, half
an ounce, of bole armonye poudred, aug-
mentynge the propozcion, accordynge to
the quantitie of the herbes: then styl a wa-
ter, and for euery pynte of it, take the
weyghte of a crowne of saffron, halfe an
ounce of yelow saunders finely poudred,
and putte them all in a vial with the fore-
said water stopped, and set them in the
sunne one moneth. This is a noble water
for a manne whiche hath the pestylence, to
drynke.

And he that wyll, may put a lytle suger,
and

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and powder of cinamome in it, that it may be more pleasaunt in the taste. He that can not fynde the sayde herbe called matfelon, or morsus diaboli, in latin, let him take the double weight of dragons. It hath a roote as it were halfe eaten of by the myddes, & it is so called, because the fable is, the deuill bit it of, for the cruelye he hath to man, lest he shoulde obtrayne the great vertues of y^e same.

✓ The horne of an vnicozne putte in the drynke, whole or in powder, hath a greate effect against the said disease, and agaynst all kyndes of poyson.

Here foloweth a very good preseruatiue for the common people redy at al times and of small coste.

Take an ounce of leaues of rue, half an ounce of good fygges, one ounce of Jenuper berries, two ounces of walnuts picked, foure ounces of vineger, and a good quantyte of saffron, stampe all the foresayde thynges together, and reserue them in an earthen cuppe, or a glasse faste stopped, that no ayre yssue, whercof yf ye receyue in the mornyng bypon a knyues poynce, the

the pestilence.

the quantitie of a beane, or more, ye shall
bee sure by the grace of **G D D** not to bee
infected in foure and twentye houres af-
ter.

An other powder for
the same.

Take pure end electe bole armonyake,
not counterfaict, but such as without gra-
uel, smoth, somewhat thynnyng, and to the
eye a farre of, mosse lyke a very stone, not
to bzittle, nor to hve coloured, for suche is
commonly sophisticate. Take I saye, the
sayde bole armonyake, and grynde it vnto
fyne powder, than washe it in white wine,
or in rosewater, or water of buglosse, sozel
or wormewood, or scabious; afterwarde
dye it, and powder it agayne, and dooe so
fyue or sixe tymes, euer washyng, drynge
and poudryng thesame; and at last sette
it vppe in a cleane vessell, tyll ye neede
to vse it.

Men of hote complexion, yf they wil re-
ceyue it, myste take of it a sponesfull with
vineger, or water of sozell.

And thei y be of colde complexion, may
take it in a litle wine, or scabious water in
the morning. For it preserueth the bodye,
from

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from all corrupcion, consumeth the superfluous humours, and dryueth awaye the venim from the heart.

An other singuler remedy
preservatiue for ryche
menne and dely-

rate of com-
plercion.

TAke zedoarie, lignum aloes, agrimo-
ni, saffrō, aristologia rotunda, yf it
may be gotten, white diptany, gētiā,
the rind of a citron, the sede of citron, of e-
uery one a scruple, corianders preparate,
turmentill, red saunders, red coral, red ro-
ses, iuory, mirabolanes, emblike of euerie
one a dram, terra sigillata, two drammes,
bole armoniake thre drammes, pouder all
these, and with fyne suger, and syrupe of
acetositate citri, make a noble electuary, &
kepe it as a treasure of mans helth, in time
of pestilence.

An other souerayne and
goodly receypte both
preservatiue and
curatyue.

TAke a hennys egge, newly layde, &
make a hole in the crowne, by the
which ye shal draw out al the white

the pestilence.

therof, and leaue the yolke within y shell,
whiche done, fyll the same egge, with good
Englyshe saffron whole, as much as may
bee stuffed in the shell, than dnye this egge
agaynst the fire, or in an ouen, whan the
bread is oute, so long tyll the shel bee bi-
terly blacke and bzent, and the reste suffy-
cientlye brittle, and dnye, make it in pou-
der in a mortar, and adde to it as muche
ponder of mustarde seede as shall weye all
the hole egge: than take this ingredience
at the apotecaryes. Ditamy, turmentille
nur bomica, of eche a dramme, poudet
euerpe one of them by it selfe, then putte
them altogether, and put to it rue, pio-
ny roote, Zedoarie, camphere, and syne
trypacle, of eche equall porcion, so that
the weyght of them fyue bee as muche as
all the reste, beate them in a mortar by
the space of two houres, tyll all bee incor-
porated together in a lumpe, then putte it
in a glasse, and kepe it couered with a lefe
of gold in a colde place, for it wil last thus
thirtye yeres, without corrupcion, and is
a thyng of inestimable value in thys case,
the dose of it to preserue, is but one halfe
penny weight or lesse, yea the weight of one
barley

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barly corn, hath in it a marueilous strength in defendyng the body.

But if one were infected already, than he must receiue afore lettyng bloud, twoo or thre grains after his bledyng geue him in the name of god, an hole scruple, or two or thre (yf his strength wil serue) tempered with wyne, for a hote takyng, and in great colde with a lytle aqua vite, & therevpon sweate.

I haue knowen whan the sick hath ben utterly desperat, and could retain nothing yet by the grace of God, througħ ymeanes of two scruples hereof, myrt wyth a lytle aqua vite, bothe the vomyte immediately ceased, and nature recovered, and escaped the daunger of death.

AS concernyng sweete waters to sprinkle vpon your clothes & things of pleasaunte odoure, to bee caste vpon the coles whan ye aryse on mornings and also the makyng of good and holesom pomaunders, to smell vpon in tyme of pestilence, for the contentacion of thē that are desirous. I shal here reherse one or .ii. of euery sort, to yntet ye mai (whē ye be disposed)

the pestilence.

red) either vse them, or deuise other of the
same making: as it shal be requisite accor-
ding to necessitie.

First a swete water that is
made thus.

TAke water of roses, violettes, or ne-
nuphar, or one of them, or of al toge-
ther one pounce, good vineger two
ounces, maluesie, muscadine, or other plea-
saunt wine, three ounces, of both the saun-
ders, of eche one dramme, and an halfe, cā-
phore, one scruple, and if ye haue any gal-
lia muscata, adde thereto halfe a dramme,
mingle them together, and sprinkle vpon
your clothes, when ye be disposed.

The right excellēte, and famous doctoure
Johānes Banardus also, in the third epi-
stle of his fifth booke, doeth shewe, howe to
make in time of pestilēce, two soueraigne
perfumes, the one for to serue in sommer
whiche is made thus.

A fumigacion for Sommer.

TAke redde ambre. ii. partes the lea-
ues of mixt, floures of nenuphar,
roses, violets, saffron, maces, and
velaue saunders, of either of the one part,
℞. i. camphore,

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camphore, ambre, beniamin, halfe a part,
muske, the tenth of one parte, mingle al
together, this is a plesaunt and comforta-
ble sauour in the time of Sommer.

But in winter season ye may
vse this.

Take storax calamita, yreos, mastike
of eche two partes, cloues, niaces,
nutmigs, cinamome, saffro, of eche
one parte, aumbre the fifth of one parte,
muske the tenth of one part, mingle alto-
gether and make a fumigation.

And of these pouders ye may make litle
balles or pomaunders, to beare about with
you at all times, but the lasse receite must
be well incorporate with a litle storax li-
quida, and lapdarium, and the other with
lapdarium, gumme, dragagac, and rose water.

An other goodly pomaunder for
gentlewomen and ladies.

Take the rind of an orange, cloues
lignum aloes, of eche one dramme,
calamus aromaticus, half a dramme,
alipta mucata, one dramme, roses, myrru-
les, of euery one halfe a dramme nutmidge,
cinamome, beniamin, of euery one a scru-
ple, make it bp in a mortar, with storax li-
quida,

the pestilence.

quida, with sufficient waxe, and maluesey
adding in the ende, of cāphoze, half a scrus-
ple or more. And in the time of pestilence,
ye ought to kepe the house euery daye till
the sonne be vp, and if it chaunce that ye go
among a great multitude of people, where
is any daunger to be feared: ye may chew
a litle zedoary in your mouth, ones in an
houre or two, but hold it not continually
for hurtinge of the gummes. zedoary (as
saith Auicēte in his boke de viribus cor-
dis) conforteth the herte, and engendreth
good blood, it is holsome for the stomake
(as affirmeth Plinie) maketh good diges-
tion, and prouoketh appetite.

Constantine in his booke of degrees
saith, it hath a great power against veni-
me, and the stinking of the mouth, it breas-
keth winde, and cureth the bitings of ven-
emous beastes and serpentes.

When the sunne shinech in a cleare day,
ye may walke in gardenes, medowes,
hilles and by rivers, but beware of lakes,
standing podels, and fennes, for oftentymes
the effreccion of the aire, ariseth of the
corrupte vapoures, boiling out of such vn-
holsome places.

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The seconde part, of the cure of one that
is infected with the pestilence al ready.

Howe to know a man that is infected,
the first Chapter.

We saide in the beginninge, howe the
pestilence was engendred of the cor-
rupt and naughty aire, turninge all
the humours of the body quickly to cor-
ruptio and to venime. Wherefore we must
take hede by times, lest the vital membes
be infected of the saide poison, for it ever
seketh to the hert, and if it come vnto the
herte afore the medicine, then is there no
recovery, for not one among an hundred
liueth. For the saide venime is so swift, so
fearce, and so boistous of it selfe, that it
will not (without greate difficulte) be put
out of possession, but driueth away the me-
dicine from the herte againe.

But if the medicine come vnto the hert
afore the venim hath the vpper hand, then
he driueth it out, by the helpe of the vertue
expulsive, of the spirituall membes, and
that expulsion commonly is by sweete.
And for because sometimes a man is poiso-
ned, and ca not tel him self, nor none that

the pestilence.

is about him, wherof many dangers both arise, for as the prouerbe is, one scabbie thepe infecteth a hole flocke, therefore it shalbe necessary that euery man take hede vnto him selfe, and conside all the signes and tokens that shalbe said hereafter: for the moze care that he hath about that, the soner shall he escape out of the daunger.

And if a man feleth him selfe infecte, a boue all thing let him remembre god, for it is a sickenesse that in a twinkling of an eye may bring a man to death.

First let him looke whether in his arme holes, flanke, or vnder his necke there be any aposteme or swelling, or whether in any other partes of his body there appere any grene, blacke, or euil colored soze, for that is the signe that neuer faileth, but the person certainly is infected. Notwithsta- ding euery man infected with that pesti- lence hath not such vlcers, botches or sozes wherefore ye must take hede of the other signes hereafter, that ye be not deceined for lacke of the said apostemes.

But what is the cause that suche aposte- mes sometimes doth appeare, and some- times doth not: no doubt, but because that

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Whē the venim is so vehement and so furious, and hath gotten holde in the body of man, nature by reason of the swiftnesse of the infection, is so troubled, letted, and entangled, that she cā not tel whiche waye to succoure, and so can driue out none apocremes, & that is more perillous, thē if ther wer many sores. But again, whē y venim is but meane & furious, & the nature of the paciēt strōg ynough by reason of good humours, thē it defendeth it self and driueth the venim frō the heart & principall members, to such places as it may be best auoided at, which breaketh forth by compulsion in botches, carbuncles and other sores.

The seconde signe is, yf ye feele a greate pricking and shoring in your body, & specially in any of the thre clensing places, that is to say the necke the arme holes and the flanks.

The third signe is when ye fele an outrageous heate within you, as if ye were in the fire. Which heate sometime spreadeth it self abroad through al the hole body, and otherwile there ariseth suche a colde, that it maketh a man to shake as if he were in a feuer.

the pestilence.

¶ Whether in al ye that be infected, must take hede: for some there be that in the begining fele not such a feruent heat outwardly, but it is within as great as if they burned, wth much heuynesse of the heade, drynes of the mouth, & extreme thurst: Whereby many one are compelled for to slepe, euen for be- ric labour of the spirites, and some other watch, & are so out of quiete y^t a mā would thinke they were fallen in to a phrenesie.

The .iiii. signe is, if great vapours and fumes arise out of the body, when a man is in a bath, and woulde faine sweate, but he can not.

The fifth signe is if the pacient can not draw his breath easely, for many one is so straitly wounded, that he can not speake, & when he breatheth it is with great labour and difficultie.

The sixt signe is vehement paine of the head, suche as is wont to be in a frenesie. But there be som for al that y^t in the begi- ning of the infection, fele nothing so great paine as we haue spoken of in the head. Notwithstanding this is a generall rule, y^t the pestilence can not be in the body, with- out some paine, or heuynesse in the head.

P.iiii.

The.

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The. vii. signe is great desire to slepe from the whiche many one can not abstain him selfe in any wise, noz can not be kept waking of them that are about him.

The. viii. signe is chaunging of the sight, for sometimes there cometh to the patientes eyes, as it were a yelowe colour, sometimes all that he beholdeth he thinketh it to be greene.

The. ix. signe is paine of the mouthe, or an unnatural tast, bitter, soure, or stinkyng. The tenth signe is often vomiting, bitter, and of diuers colours.

The. xi. is heuinesse and dulnes of all the hole body, and swoolwing, and weakenesse of the limmes. These bee the principal signes and tokens wherby ye may perceiue when any man is infected.

Notwithstanding all these signes are not euer manifest, for sometimes it is sene, that one hath had the pestilence, and felt nothig at all, yea and sometimes the bzine will be as faire and as good to sighte, as in a hole man, because the humours com not at the liuer, and the feuer will be small or none, for that the venime is not in a hote humoure, and so driueth out no heate, & yet the

the Pestilence.

the patient by and by dieth.

Sometimes also he shall thinke him selfe hole, because that nature in the first brunt drowe the venome from the herte, and yet anon after his life passeth fro him for that nature was not strong ynough at the next assaulte either by reason it was vexed and wried in the firste, or els the venime peradventure multiplied or chaunged into more malignitie or nerer to the heart than it was afore. Every one in the beginning seme lightly to be better, for then the strength of nature is gathered altogether to stand against his enemy, but it is not so in other euil sicknesses. The patient also manie times thinketh hi self strong ynough because the venime worketh not so cruellly vpon the other membres as it doth vpon the herte.

Wherefore in time of pestilence, when ye fele your self in any thing diseased, drowe not forth the time in looking, when the signes aforesaid shuld appeare, nor stand not in examining or doubting whether ye be infected or no, for ye may be sure, that so long as this disease reigneth in the country where ye are, ye shall haue fewe sicknesses,

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nesses, but either is pestilence already, or
els will be withi a while: and so. giue your
selfe to the cure of the pestilence, for while
the noughtie influence of that infectiō du-
reth, all superfluous humours may light-
ly be infected, and that is the onely cause,
why in time of pestilence, there is so few
of other infirmities. For as sone as many
sorts of other sicknesses do arise, the pe-
stilence abateth and is gone.

And here is to be noted, that whatsoeuer
child in the time of pestilence, be vexed wth
the wormes, ye may safely affirme that he
is infected, for it is a matter so disposed to
the pestilence, euen as is bzimstone, to be
kindled of the fire. This haue many phis-
icians not considered, and because of that,
haue bene deceiued in their cure.

Here I haue declined by occasiō, but now
to our intent.

Whē one or two, or more of these signes
aforesaid are knowen to be in a bodye, let
him not despise them, nor put any foolish
trust in the strengthe of his cōplexion, as
many one haue done & by & by died, nor let
no man trust by colour of his vyne, or mo-
uing of the pulse: for sometimes the strength

the pestilence.

is so excessive in the venime, that a man is deade a fore the naturall vertues are able for to succour him, or to drive away the venim from the herte. And herein haue many wise phisicians also bene deceiued, and haue euil iudged of the parties pronestik.

Therefore by and by without delaye, ye muste administser some good and holsonne medicine, as shalbe said hereafter, or elles the stilled water that we speke of in the former Chapter, or some other valiaunt medicine againste the pestilence, that it maye descends vnto the hert afore the venime haue the vpper hande of nature.

For if it be once settled at the herte, I affirme plainly, there is no hope at all. Yet there be some fooles, that tarve till the twelfth the houre, or the foure and twentie, after the infection, and they boaste themselves that they will heale the pacient, but that is a manifest and a shamefull error, for if any by chaunce is so recouered, it cometh of God and not of any medicine, for where as one so escapeth, an hundred other perishe.

Notwithstanding if the case so be that ye be not called, or can gette no remedye
afore

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afore the faide tyme, caſte not your ſelfe in diſpaire, or put not the patient in diſcomfort, take or giue your medicine in the name of God, and if ye can not broke it, take aſmuch again and do ſo many times til ye may retaine it, the lay ye downe to ſweat, and liſt by your herte to God, calling by him, without whom there is no helth, and by his grace of Jeſu, ye neede not to be fearful of death, for that that is impoſſible to man, is eaſy ynough with God, yea many times nature workeſh it ſelfe, about al naturall expectation. But I counſell at the firſt beginning to receiue the medicines, when any of the foresaid ſignes appeareth or when ye ſele your ſelfe diſcaſed: for the venime percerh ſoner to the herte of the cholericke, then either of the ſanguine or the melancholike, although the ſanguines are apter to infection, then the other are, cheſely if the ſickenesse be in ſommer.

They that are of melācholy be not lightly taken, but in caſe they be, then the cure is very danngerouſe and hard.

Therefore I ſaie, take heed at the beginning as the prouerbe is,

Principis obſta, ſero medicina parat.

Cum

the Pestilence.

Cum mala per longas inualuere moras.

Take the medicine quickly, and lee thy self blood, and remember God the phisician of thy soule, and withoute doubt thou shalt wel ynough recouer.

Nowe we haue declared the signes by whiche ye may easely knowe whan a person is infected, and we saide it was convenient to take the medicine as soone as any of them appeareth, without any longer tarryinge, afoze the venime cometh to the heart, here we will enfourme you, howe ye shall perceiue whether the saide venime be settled in the hearte or no.

Take a dramme of bole armeny made in powder, accordig to the doctrine of the last chapter in the first part, and if ye can not get it, take some other excellent medicine against the pestilence, namely one of the receites that shall be saide hereafter, and geue it to the patient, but there can nothig be better, then the foresaid powder if he haue it at hande.

Take I save therof one dramme, and an ounce of whyt wine, and odoriferous, with two ounces of water of roses, mingle them and geue them to the patient.

The

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The blacke receite declared in the Chapter of preseruatiues, maye be well vsed in Steele of the vole.

And if he nicle retaine the drinke within his stomake, it is a good signe that the venim was not at the hearte afore he toke the medicine, and therefore he maye be let blood well inough.

But if the patient can not broke the said drinke, but caste it by and vomite, then ye may be sure, that the venime hath bene at the hert afore the medicine.

Wherefore by and by wash his mouth with wine, or with water of scabious, of sozell, or of roses, and it ought to be veri wel mundified and clenfed.

Then geue him an other dose of the said drinke, and heat a crust of bread, and holde it to his nose, that he maye the better kepe the foresaid porcion.

And if the seconde time he caste it by againe, and is not able to retaine it, washe his mouth as is saide before, and geue it him the thirde time, with a litle vineger, y it may perse the better, and so six or seuen times, if he do not holde it, geue it him againe, and then whether he retaineth it, or retaineth

the pestilence.

retaineth it not, by and by ye ought to let
him bloude.

But in case the patient were infected.
xxiii. houres afore ye geue the drinke ne-
uer let hi bloud, for that can nothing helpe
him, but rather make him feble, but admi-
nister a medicine ordeined for the pestilen-
ce, as is saide afore, or suche as shalbe spo-
ken of hereafter, and that done, prouoke
him to sweate.

Nowe to our purpose as concernynge

dyet.

The second Chapter, of the cure of

pestilence, by the waye of diet.

First as sone as euer the patient fe-
leth hiselfe infected, it is very good
to auoide the corrupt aire, by chaū-
ging into some other place: or els if he can
not so, let him rectifie the aire of his owne
house, or of his chāber, with water of ro-
ses and vineger, or els with famigacions,
as is spoke of before, according to the qua-
lity of the time, and the complexion of his
owne body.

Moreover it is good for him to shifte
his bedde out of one chamber into another
and

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and from that to the first againe the next
daye, cuer rectifying the aire of them both
as is aforesaid.

And as touching meat and drink, he ought
not to abstain, or yet to take any superflui-
ties, for to cate good meates measurably
(though it be against his stomake) yet in
this disease it shall do him much good:
Let him cate the broth of chickens, capons,
or colcyles of rabbettes, & suche like mea-
tes, with a litle fozel-sauce, or vineger, and
rosewater, or wine of pomegranades, (if
they may be gotten) or wine of barbaries,
and suche other.

If ye wil haue other kynde of sauces or
a powder to strowe vpon youre meate, ye
may make it after this sort.

Take graines of paradise, whit diptanle,
of eche an ounce, fine powder of cinamome,
and cloves, of eche halfe an ounce, make
them all in powder and mingle it with su-
ger. In this disease ye maye cate no quea-
sie meates, as eles, gese, duckes, and othes
suche as be euill.

I call them euill meates, whiche (accoz-
ding vnto Galene De differentis febriu)
are either euill of their owne nature, or
els

the pestilence.

els if they be naturally good, yet by reason of some putrefaction, as much or more unholysome, as the other are, partly so, because of long keeping, unclene and naughty dressing, or when they be layed by in a fylthy or stynkyng place, and partly by soe pl infectyon, when they were alvye: for he that vsed suche kynde of meates, is ofte tymes accumbred wyth many naughtye sykenesses, as corrupte and pestylenciall feuers, scabbes pustles, leproies, and other euil infirmities.

All fsh in thys case are to be auoided. Brothe or gruel, made wyth borage, buglosse, endyue, succorpe, sozell, purclane, & other lyke herbes, wyth a litle saffron, and cleane wheate floure, or the crummes of breade in a brothe of chyckyns, or wythoute a brothe, maye be well administred.

Botched egges also wyth sozell sauce & cynamone, vineger and rose water, are maruelous good in thys case.

And if the heate bee verie behemente, as well after meate, as afore, he may well drynke a draughte of sodden water wyth iuyce of ozenges, lymons, cytrons, or of sowre apples, well myngled together, to
D.i. quenche

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quenche the venimous fumes that myght
ryse vp to the brayne. And if the pacyente
be yong, and strong, hauyng a good sto-
make, hole wynded, hoate of complexyon
and in tyme of heate, not subiect to the co-
lyke, nor to none hydropsye, or apostumes
in the bowelles, he maye drynke a good
draughte or two of cleare and cold water
comming out of a rocke, or of a runnyng
water, or of a fayre spyng.

For when nothyng els can mitigate
the thirst, yet wil cleare water by litle and
litle, diminish the al the heate. But ye muste
beware ye take no great excesse.

A prysane wyth suger of roses, is verye
good to drynke betwene meales.

The pacyent ought not for to slepe du-
ring the first. xliiii. houres, and in the tyme
that he receiueth hys medecynes.

Afterwarde he may slepe a litle at once
to comfort the weakenes of the spirites, &
he ought every day to goe to siege once.

And aboue al other thinges let him not
dyspayre, but bidde hym be of good cōfōrt
and doubt not of hys health, so he take no
thought, but as muche as is possible, make
hym to reioyse as wel by communycacion

the pestilence.

as by musyke, and bryngyng in vnto him
good and holsom herbes, frutes, boughes
and other thynges of comforte, but yet not
wythstandyng see that he remember god,
and not forget hys owne conscience, for
in thys sykenes the worst is euer to bee
feared.

The thirde Chapter, of the cure
of pestilence by the way
of medicine.

AS sone as euer ye fele your selfe in-
fecte, take of the poudre of bole ar-
moniack, in maner and fourme a-
foze declared, or of the blacke receypte, the
weyght of halfe a crowne, more or lesse, ac-
cording to the vertue of the pacient, mix-
gled wyth the water of roses, and a lyttle
vineger, as is sayd afoze, and drynke it at
at one draughte,

And if ye cannot get the forsayed pou-
der, or peraduenture ye wyll abhorre to
take it, then drynke a lytle porcyon of
the receypte folowynge, whyche is verye
excellente.

D.ii.

A res

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A receypte agaynste the pe-
stylence.

TAke the rote of turmentyle dzyed
in the shadowe, of saffron, and of
mustarde scde as muche of one as
of an other, make of the a pouder,
and incorporate it wyth the thyrd part
of mithridatum, or of fyne tryacle, wyth a
lytle strong byneger, in maner of an opia-
te, kepe it in an earthen vessell close, and in
tyme of nede vse it. The weyght of it at
once, is from halfe a dramme bpwarde.
Thys receypte woꝝketh moze vpon the be-
nygm then it doth vpon the fener. And eue-
ry day folowynge it is good to take a lytle
syrupe of lymons, wyth water of sorrell, or
of marselon, or of our lady thysle.

And he that hath none of the sayed sy-
rupes let hym vse the waters of the same
herbes, or the good water that I haue dis-
cribed in the chapter of medycines preser-
uatyues.

Auicenne saith, that whosoever taketh
an onyon and drynketh it in mylk fastynge
in a mornynge, he shalbe safe that daye fro
all infectyons of the pestylence. Therefore
some

the pestilence.

Some are wonte to roste two or three onions, and to eate them wyth vyneger and browne breade nerte theyr hearte afore they enter into any suspecte ayre. And haue founde health in theyr so doyng.

Johannes Banardus, a man of hye knowledge in the arte of medycyne and of greate aucthoritie amonges all learned men, describeth in hys boke of Epytles, a very good receit, aswel preservative as curatyue deuysed by hymselfe for lacke of good triacle, and is of merueylous operacyon, as well in thys dyscase, as in healyng all maner venymous woundes, both of adders, snakes and other kynde of serpentes. The receite of this noble medycyne is thys.

Banardus medycyne for
the pestilence.

Take the dreyed bloud of a drake, & of a ducke, of a gosse, and of a hyd, rue, fenell seede, the seede of cummin, dille, and of wylde nepes, or garden nepes or rapes, of euery one thre drammes, the
D.iii. roote

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rote of gentiane, trifoile, squinantum, frā
kensence, roses dyled, of ech. iiii. drammes
White pepper and long, cost, baleryan, a
myle, cinamome of ech. ii. drammes, mī rre
narde, of ech. vi. drammes, beniamin, assa
rum, gumme armoniacke, of eche thre dā
mes, aloes, agaryke, of ech two drammes
carpobalsami. rr. graynes, ireos, saffron,
reubarbe, and reupontyke, gynger, mā
stye, of eche one dramme, stycados, fyue
drammes.

Make a fyne powder of these, and with
foure tymes asmuch of claryfied honye,
myngle al together, and kepe it in a syluer
bessell or a glasse stopped, for it is an hye
treasure, in such a case. The dose of it is
two drammes in wyne or water of sozel.

Here foloweth an electuary of
a wonderful vertue, in the
time of pestilence.

This electuary is of so great vertue,
in them that doe receiue it once in. xiiii.
houres, that they may be sure from al euil
infections of corrupte ayres and contagi
ous, all the day after.

But

the pestilence.

But in them that are infecte already, and are taken wyth the pestilence, if they drynke of it but one sponefull, as shall bee sayed hereafter, (specially after lettynge bloude, if it be conueniente to the patient) and laye hym downe and sweate vpon the same, if the venim hath not vterly overcome the hearte, he shall vndoubtedlye recover.

It hath beene latelype proued that, after drynkyng of the same medycyne whan the payente made hys water in an hyrnall the glasse hath burst in pieces, by reason of the venym that it purged oute.

This is the makynge of the
sayed electuary.

Take cinamome elect, one ounce, terra sigillata. vi. drammes, fine nurre. iiii. drammes, vnicornes horne. i. dram the sede and rinde of citron, cotes of diptamy, burnet, turmentille, sedoary, red coral, ana, drammes. ii. yelow saunders. iiii. scrupules, red saunders. ii. scrupules, white bean and red floures of marygoldes, ana, one dramme, tuerye, rased, scabyouse, heronici tunicte, seede of basil, the bone of a stagges heart
D. iiii. saffron,

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saffron, ana. ii. scruples, make a fyne powder, & adde vnto it of bole armoniacke preparete two onnces, whyte suger three pounde, and wyth a syrupe of acetositate citri, make a goodly electuarie, and keepe it in a glasse.

If the pestilence commeth with greate excessse of heate, drynke it vppon rose water and byneger, but if ye fele it colde take in it a draught of wyne, and couer you wyth clothes, so that ye maye sweate as long as is possyble, for wythout doute, it is a presente remedy as I my selfe haue oftentimes proued.

An other deuine medecine,
in a liquide
fourme.

Take rue, wormewood and balme the herbe, of eche a lyke porcyon, of relidony, both herbe and rote as muche as all the other, so that ye haue of them. iiii. a good bygge handefull, washe the rote of celydony, very cleane and purely, in wine or in faire clere water, thā put thē al into an ewer pot of earth neled win, and poure vpon the herbes, halfe a pounde of the moste strongest

the pestilence.

gest vineger ye can get, couer them iustte,
and lute the mouth of the pottle, wyth lute
sapientie, which is made of wheat floure,
and the white of an egge, that no bzeathe
may issue, and seeth it eighte or nyne hou-
res, with a soft fyre, than let it coole by ly-
tle and lytle, and after strayne the herbe,
and set the licour in the sonne to rectifye.

¶ When a persō is infected with the pe-
stilence: first as I sayde afoze, lette hym
blede in a due bayn, thā geue him a spon-
full of this licour, with as much as a nutte
of triacle if so be ye haue any, luke warme
by and by let a cruste of bread all hote, bee
dyped in byneger, and holden to hys
mouthe, that he may the better brooke the
medicine.

And if he chaunce to vomite, incontinēt
washe his mouthe with wyne, and cause
hym to receyue againe an other sponcful,
and so if nede be, siue or sixe tymes tyll ye
see that he receiue it, which is a very good
signe, if he so do.

After this set him in a warme bed coue-
red, that he may sweate out the residue of
the venime, and by the grace of god, he
shall escape the daunger.

This

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This is a medicine of infinite vertue. But if the pacient haue a great heate, geue hym no triacle, or els very litle.

The fourth chapter of the
cure of pestilence, by let-
tyng of bloud, ven-
toses, and pur-
gacions.

Although phlebotomy or lettynge of bloude, be one of the chiefe thynges that are required to the cure of the pestilence, yet for lacke of vnderstandynge and lettynge bloud otherwysse than beho- ueth, many one is cast away: and therfore euery good mā barbour ought for to take hede, that he hurt not them, whiche come vnto hym for helpe (for that were a greate shame) which he shall neuer doe, if he con- sider wel the thynges that shalbe sayd here- after.

This is a generall
rule.

In the tyme of pestilence whan a bo- dy is infect, ye may not haue respect either to the signe, the day or houre but whether the moone be there or not, or what aspects so euer bee in the planets let him

the pestilence.

him blede forthwith in the name of God. Young men and sanguine, and they that haue aboundaunce of fleshe, and of bloude mingled with other humours, oughte to blede somewhat more in quantitie, but alwaies kepe a moderacion, that ye take not out to great a quantitie at once.

It is better to lette him bloud twise lea-
uing the wounde of the firste stroke open,
and annoint it with a litle oyle, and after
foure or fiue houres, let hym bleede in the
same wounde agayne, but withoute syn-
kyng if it be possible.

But alwaies geue an eye to the strength
of the pacient, that it be not ensebled: and
agayne beware, that ye haue taken away
the rankest, and y strongest venim, wher-
in if ye be doubtful, take y counsel of some
good expert phisicion.

Also ye must note, that ye maye not let
bloude to anye chyldren within the age of
xiii. yere, nor to olde men aboue fifty yere
olde, nor to women great with childe, spe-
cially nere unto their time, nor when their
due purgacions is vpon them, nor to the
that are newly brought to bed, or within a
weke or .ii. after she is purified generalli to
none

A treatise of

none whiche is weake and feble in his bodye.

We shall also note, that there are some olde menne of better strengthe and complexion, than many younge are of, and agayne, diuers younge children of tenne or twelue yeares olde, are of hygher courage and of as good strengthe, as they that are many yerres elder. In suche cases, a litle euentacion of the infected bloude, maye bee the sauving of their lyues, so that al thinges be done with good discrecion.

It is wisdom also to let them bloude lying vpon their backes, whome ye thynke would faint in standyng or in sittynge.

And if the case do require the letting of bloude, and the patient bee not hable to beare it for anye of the causes afore reherfed, it is good to applye ventoses, in manner and fourme as I shall declare hereafter.

And here we should say somewhat of the greate erroure that many doe commit in takyng one vein for another, for by such errors is the venim drawen many times vnto the heart, and so procureth death vnto the patient.

wherefore

the pestilence.

Whether soze that ye may not be deceyued
euer in the pestylence, let hym bloude on
that syde that the soze is on, and not on
the contrary syde, in any wyse, for that
shoulde drawe the venime ouerthwart the
members spirituall, and so destroye the
manne.

But oz euer ye let hym bloud, it is good
to geue some good and hole some medicine
against the venim, such as is declared in þ
chapters herebefoze.

If the botche appeare vnderneath the
eares, let hym bloud in the head veyne of
the same arme, oz els in the braunch of the
same veyne, whiche is vpon the hande, be-
twene the middle finger, and the next that
is adioyning.

If it appeare vnder the throte, take the
same veine, and within a whyle after, it is
good to open the twoo veines vnderneath y
tongue.

If the soze be set within the armeholes
take the bayne called Mediana, whiche is
betwene the foresayde head bayne, and
the veyne commyng from the liuer.

If the soze bee sette within the flankes,
then ye muste open the veyne called Sa-
phena,

A treatyse of

phena, which is about the ancle of h̄ foote, on the inner side: and if ye cannot fynde it there, take the bzaunche of it, ȳ is betwene the great toe, and the next vnto hym, but h̄ lettynge of bloude in that bayne is forbydden vnto women when they be in health.

And if there appere two botches, one on euery syde, Danardus geueth counsaile to take the right syde, and not the left.

And in case there doth appere no signe of botchyng or swelling, than he byddeth you to open bothe the baynes saphenas on the right syde and on the left.

Notwithstanding, Marsilius Ficinus is of a contrary opinion, and sayeth that it is best when there doth no sore appere, to take the common veyne on the ryghte arme.

I thinke herein Danardus counsel rather to be folowed.

But yf ye see the botche standyng outward, moze tolwarde the bounche, than ye must open the vein called sciatica, which is about the ancle of the foote, on the oute syde. The whiche opening of the veynes must be done assone as is possible, alwaye presupposed that he hath receiued one or
other

the pestilence.

other medicine against the venime, & that he slepe not in anye wise, as is afoze mentioned. And to them that cannot lawfully be letten bloude, ye muste in all haste applye many ventoses, with scarificacion or without scarifying, as it semeth beste to your discrecion, so ye take a reasonable order thus. If the soze be vnder the eares, or aboute the throte, let your ventoses be applied behynde vpon the necke.

If the botch appeare vnder the armes set your ventoses behynd vpon the shoulders. If the soze be in the flanke, or thyes, let your ventoses be set vpon the bouttocks.

And yf the pacient be replete with humours and strong, hauyng no flux nor other impediment, and ye thynke he nedeth to bee purged: ye maye geue hym in the mornynge one ounce of cassia, or of māna, wyth a litle dyaprunis laxatyue more or lesse, accordyng to the pacientes necessitie, tempered with water of scabiose, sozell, or endyue, cuer takynge hede, that he dooe receyue some medycyne agaynst the venime, duryng all the tyme of his disease.

The

A treatyse of
The fyfth Chapter, of ap-
plication of outward
medicines.

Here is to bee noted that no maner
playster repercussive, may bee set
vpon any botche of pestilence. But
as soone as is possible, after lettynge bloud
it is good to take an onion, and to make
an hole in the myddest of it, then fylle it full
of good tryacle: after that stoppe it, and set
it on the harte to roste, as it wer an apple.
And when it is roste so long tyll it be ten-
der, lette it coole a litle: and sette it hote
vpon the botch, and when it hath ben there
by the space of two houres, take it of, and
lay another on.

✓ Or take a cocke and pull the fethers of,
about his foundament, and put a litle salte
in it, and set his foundament vpon þe sayde
botch, keepynge hym on a good whyle, stop-
pyng many tymes his byll, that his breeth
may be retayned, and let him blow again.
And yf the cocke dye, it shalbe good to take
an other yonge cocke, and splite it quicke
a sunder, and laye it on the botch, but ye
must commaunde them that take them of,

the Pestilence.

to caste the in the fire, and not to take the
sauiour whē it is remoued: for that is very
daūgerous. Some there be that lay about
the soze, water leches called bloudsuckers,
and it is very good, so they be well prepa-
red, and clenſed from corruption. Other
apply ventoses with ſcarification, but thei
ought firſte to be applied withouten anye
ſcarifyinge, ſo they ſhall the better drawe
the venim out.

Other lay therto a plaister made of gala-
banū, diaquilō, and aromniake, incorpo-
rate together, & ſome other lay on it a plai-
ſter made of figges, ſoure leuen, & reſins
without kernels, brealed & incorporate al-
together in oile of cammil. There be al-
ſo that ſet vpon the botche an herbe called
crowefete, which is very hote, & maketh a
bliſter on ſkinne, & that ſame they break,
and kepe the place open many daies after.
And in that caſe, yf the botche be in the ve-
ry arme holes: it is beſte to ſet ſaid herbe
a loſt vpon ſ arme. And ſome other breake
the ſorſaid botche with a ſtrong ruptorie,
hauiug part of maturatiō, as ſor example
thus. Take ſowze leuen ſoure ounces, mu-
ſtarde, rue, ſcabioſe, worme woode, of
P.i. every

A treatise of

entry one an hādfull, white lilly rotes, the third part of all, grene coppoꝛose two dra-
mes, canthꝛides in numbꝛe. x. galbani one
ounce, olde nuttes, and sumwhat fustꝛy, oz
els newe, yf ye can not get them in nūbꝛe.
iij. oile of white lilies, as muche as shal suf-
fice, seeth all the herbes and rotes in oile,
accorde to arte, with a double vessell,
that is to saie: the oile being in one panne
may seeth onely by the boiling of the wa-
ter in an other great panne, and make a
plaister with the residue of the stufte in a
good fourme. It hath a grcate vertue to
bꝛeake a pestilence soꝛe without much paine,
and afoꝛe ye laye it on, washe the soꝛe
with a sponge dipped in the straining of
the foꝛsaide herbes and rotes.

Other take oyle olue and seeth it with
oken ashes, adding vnto it a litle of blacke
soꝛe and quicke lime and make a plaister
of the same, it is not to be vsed but in strōg
complexions.

And all the foꝛsaide waies are to be com-
mended. But afoꝛe one hath vsed them a
while, and seeth they beginne to come to
maturation, let him take the counsell of a
learned surgyon, oz any other of good ex-
perience,

the pestilence.

perience; and to set maturatiue emplasters, vnctions, and bathes, accordinge as becommeth, percing the apostume in the softeste place, afterwarde procede with mundification and incarnation, euen as in other kindes of apostumes: wherewith I humbly desire them to haue some pytie of the poore, that be diseased, and not to fauoure them that haue ynough, but rather take somuche of the riche, that they maye the better haue wherewith to helpe y nedy. And for because the sicke maye haue some comfort, if in case they shoulde be destitute of surgeons, I will (besides the said medicines whiche they maye confidently vse,) describe somme maturatiue emplasters that are experie and proued in this cure of pestilence.

A plaitter to ripe a botche containing of the pestilence.

Take mallowes, & the rootes of holl-hocke, & onions, as much as shal suffice, washe the & seeth the in water, & afterward bray the in a mortar with pouder of lynesede, & of fenugreke, & a good
P.ii. quantitie

A treatise of
quantitie of swines grese fresh, laying on
the plaister euery day once.

An other for the same.

Take white diptamy an ounce and an
halfe, the roote of wallworste an ounce,
the rootes of cresses halfe an ounce,
white onions, two ounces, sceth the roo-
tes in water, and rost the onion vpon the
coles, then stampe the altogether, addinge
of oile of camomill. iiii. ounces, rosin one
ounce nettle seade fire drammes, ware, as
muche as shall suffice, and make a goodly
plaister or an ointment at youre pleasure,
for it ripeth the said botche in a short space
and consumeth the venime, and is good
aswell for youngmen as for elde.

And afore that it be thorough ripe, cause
it to be perced as it is said afore. And if af-
ter the said percinge there be great paine,
take the yolke of an egge well beaten, and
a litle oile of roses, & annoint a tent therin
and put into the sore for to ceasse the peine.
Afterwarde mundifie the place with a sal-
ue made of yolkes of egges, fine barley
floure, and a litle hony of roses. Last of al,
for the perfect incarnation, take the iuice
of daises, and with a litle ware make a
softe

the pestilence.

softe ointments, and vse it, or ye maye lay
thereto any other salve incarnatiue, as ye
are wont to do in other cleane sores. Proui-
ded alway that it is better in this case, to
broke the soze by times, than to tary for
ripping long, lest perchance the venim be-
ing included gather strength by the putri-
factio, and so retorne again vnto the hert:
therfore open it, afore it come to ripinge, &
after procede with your maturatiues and
other holsome plaisters.

Thus muche haue I spoke of surgerye
in the exterior cure of one that hath a
botche, so farre as God hath geuen me vn-
derstanding to perceiue, according to the
mundes of suche famous clerkes, as haue
most effectually witten of the same. Now
will I declare a litle of the exterior cure of
him that hath no botch at al, and yet is soze
infected with the pestilence.

For the noble handy woork of surgerye,
is conuenient to them both, as witnesseth
Parasilus Ficinus, in his booke of pesti-
lence in the .xi. Chapter. And the fourme
of it is this.

After that the patient hath receiued some
good and holsome medicine againste the

Part.

pesti-

A treatise of

pestilence, & sweete (or after letting blood, if the case do so require) by and by ye must apply your labour to take awaie the residue of the venime, that remaineth in the body. And to that intent ye ought to make a ruptorie of solwe leuen and cantharides, or other aboue rehearsed, and set it on the muscle of the right arme, vnder the cubite, on the parte where as the pulse lieth, but not vpon the pulse it selfe, and so procure a blisre, whiche ye shall immediatly cut of, and kepe the soze runninge manye dayes after, the longer the better for the patient.

An other issuc ye may make in the same maner, vpon his right legge, four fingers aboue his helle toward the insteppe, & kepe it open likewise, till amoneth or two after he be recovered.

The. vi. Chapter of the cure of carbuncles and anthrax.

AS concerning the curation bothe of a carbuncle and the pestilence soze called anthrax, ye maye do euerye thing accordinge as we spake afoze in the generall cure of the pestilence, bothe as touching

the pestilence.

touching dlete, medicines against the venime, cordialles, laxatiues, blood lettriges, and vëtoles, ye shal heale them as ye heale the botche, in all thinges. But as touching letting of bloude, when ye se a carbūcle oz an anthzar by him self without apostume of the enunctories, be it vpon the necke, oz vpon the throte, oz the face, oz the head, ye must let him blood in the head beine.

If it be vpon the shoulders, brestes, oz armes, oz other places about the nauill, take the veine called mediana.

And if it be beneth the said places, downe vnto the knees, take the veine saphena, but if it be on the outside of the thigh, take the veine sciatica, euer vpon the side that the soze is on, (as is said afore) considering the complexion, the strength, the age, and the qualite of the blood, euen as is said in the chapter of the botche, and likewise apply the ventoses vpon them that can not beare fienbothomie.

Which thinges presupposed, it is good to set vpon the carbuncle, whether it be with botch oz without botche, the yolke of an egge, incorporate with as muche salte as ye can temper with it, renyng it euery

℞.iii.

houre

A treacle of

houre during a hole day.

Or els appli þe said leches or bloud suckers round about the soze, and after they haue sucked out the bloud, set theron a cocke as is saide of the botche, or els a doue all hote splitte in the middle. And he that can not gette the leches, yet let him not faile to apply the residue of the saide medicines, euery one after other as afore is saide.

Or a hote lose commin out of the ouen, or take a solwer pomegranad, and cut and seeth it in vineger, or scabious bzused betwene two stones, or the rote of daises, or good solwe dough, incorporate with salte and a litle oile oliue: all these medicines are good to kill the carbuncle.

The precious stone called a saphire hath also greate vertue against venim and specially againste a carbuncle, if ye touche it with the stone, and drawe it rounde about the soze by the space of an houre.

But what soeuer medicine ye set vnto a carbuncle, ye muste lay a defensiu about the soze, whiche is made as hereafter followeth.

A good defensiu.

Take

the pestilence.

Take sanguis draconis, and bole arment, of eche a like muche, make them in powder and incorporate them with oyle of roses, and a litle vineger, and laye it in a clothe all about the soze, with oute touching any part of it, and renewe it when it is harde and drie.

But if the person be of good abilite, and the carbuncle very fearse and burninge, cannot be quenched with the means aforesaide than ye must procede with an actual or procenciall cauterie, and to remove the escare, lay on capons greace or a litle butter, or els a plaister made of mallow leaues, holihockes violettcs, lily rotes sodde in broth of netes fete or other flesch, and afterward stamped, strained, and upon the fier mingled with powder of lincsed, barley floure, beane floure, freshe butter, and swines grece, adding in the end when ye take it of, twoo yolkes of egges and a litle saffron, and stirre it well about.

This is good also to ripe the foresaide soze, afterwarde mundify and heale as is saide in the other chapter.

I could declare many other remedies but I set them that haue bene often proued,
and

A treatise of the penitence.

and that be moſte eaſy for to get at hande,
deſiring all them that ſhall uſe theſe my
ſimple labours, to accept my good
will vnto the beſt, and to praye to

God almyghty for his gra-

ce, vnto whom onely

be all laude glo-

rie and ho-

nor,

worlde without ende.

Amen.

(c.)

A declaration of the veines in mannes bodye, and to

what diseases and infirmities
the opening of euery one
do serue.



It is not vnknewen to any
which haue seene Anatho-
mies, howe there be in a
mans body two kyndes of
veines, generall and spe-
ciall.

Generall or commune
veines are thre which appeare in the mid-
dest of euerye mans arme on the inner
side, and of them the highest is called of
lerned menne cephalica, or the head veine
and the lowest of all thre, is called com-
monly basilica or regia, in the right arme
by an other name epatica, or the veine of
the liuer, but in the lefte arme, it is called
pulmatica, the veine of the lunges.

The thre common veines, lieth betwenn
the other. ii. in the middes, and is named
cozdiaca, or the veine of the hert.

The first that we did speake of, that

is

A treatise of

is to saye cephalica, is a veine moste apt to be letten bloud, in al the hier partes of manes body, and is opened for the head ache, and the eies.

This veine if by chaunce ye touche it, and if it blede not at the first stroke ye may be bold to strike it once again, for there is no leoperdy of cutting of any muscle. And if ye can not finde it out, take his bzaunch that is about the thombes ende.

The veine epatica, emptieth from the middle partes of al the body, and it is ever opened againste diseases of the stomake, and the splene, but ye ought therein to be verpe diligent, that there be no muscule perced.

If ye can not spie in the arme, seke the bzaunche of it betwene the litte finger and the fourth.

The cordiaca veine bza'weth bloude as well from beneth, as from aboue, for it is componned of cephalica and epatica.

If any feleth a weakenes at his herre, he oughte to take good hede that he be not opened in the veine cordiaca, but yf necessitie be of bledinge, let him blede in the cephalica or els mediana.

the Pestilence. X

So likewise of the other.ii. The cordiaca, is good to cure the passions of all the hole bodye, whan they do procede of heate, specially of the hearte and of the longes.

But in the percinge of it, ye must exceedingly beware, for vnder it is a certaine muscle, whiche if it be very depelye cutte, the patient is in leopardy of his life.

When ye intende to let a person bloud in any veine, ye must bath the arme wher in ye perce, in good hote water, and draw the hole abroad, that the grosse bloud maye the more easely passe. And here is to be noted, that in all sickeneses and times (except only infection of the pestilence) ye must take the same veine of the.iii. that doth appere fuller and bigger than the other are, for by that ye maye perceine that the members whiche belonge vnto it, are full of superfluites of to hote bloude, and this shal be sufficient of the sayde vaines generall: nowe we will reherse the veines speciall.

The veine in the higher part of the forehead, is good to be opened in all diseases of the head, and of the braine, specially if they be of long continuance, and it cureth the newe begon leproy.

The.

A declaration

The.ii.veines that are behinde the eares, are opened to preserue the memoꝛye, mundifie the face, & to take awaie reumes and distillacions from the head, and are good generally in al diseases of the mouth and of the gummes.

The.ii.veines of the temples of the head, are good to boide humours from the eyes, and they serue also for all diseases of the eares.

The.ii.veines in the corners of the eyes are opened in the cure of webbes spottes, cloudes, mists, perles, rednes, cornes, and other infirmities and weakenesse of the sight.

The.ii.veines in the hollownesse of the eares, serue to heale the shakunge of the head, swimming of the eyes, dizziness, sounding of the eares, new deafnes, and blindness of the mouth.

The veine in the tip of the nose, is good against apostumes of the heade, reumes, and fluxes of the eyes, it purgeth the braine, and comforteth the memoꝛye.

This veine muste be sought verie wysely, for it lieth depe, therefore he that will
be

of vaines.

be sure of it, shall finde it euē in the very
middles betwene the two sides of the nose
ende.

The two veines within the noſethil-
les, are opened againſt the heuines of the
head.

The veine of the lippes, is good to take
in all diſeaſes of the mouth.

The .ii. veines within the mouth, are o-
pened in diſeaſes of the head, to the ache,
paine of the iawes, mouth and throte, and
againſt freckles of the face.

The ſoure veines in the palate of the
mouth, are good to be opened in the toth
ache, reumes and catarres of the head.

The two veines in the hinder part of
the head, are good againſt the phrenesie,
ſwimming, aſtonyng, and all other pai-
nes of the head.

The .ii. veines vnderneath the tong, are
opened againſt the ſtues of the head, pal-
lies, quincies, ſcrophules, apoplexia cough
paines of the mouth, teeth, and gummes,
againſt impedimentes of the ſpeeche, and
generally in all diſeaſes of the breaſt, herte,
longes and arteries.

The

A declaration

The veine that is betwene the chin and the nether lyp, is good to open in curinge of a stinkyng breath.

The veine that lieth right vnderneath the chinne, is good againſt the ſame diſeaſe, and alſo in diſeaſes of the heade and of the breaſte, polipus in the noſe, paines of the chekes, ſtinking of the noſethrils, ſcrephules and ſportes about the face. The .ii. veins of the necke (one afore, another behind) are exceeding good againſt the pleureſie, newe leproy, ſhaking of the membres, humours, and diſtillacions of the heade, and to muche ſtiffneſſe of limmes.

The .ii. veins vnder the arme holes, ſerue againſt the ſtraignes of the breaſt paine of the myddyle, and the longes, and againſt difficulty of breathing, called aſthma.

The two veins aboue the elbows are taken in ail diſeaſes of the breaſte, ſwimminge of the heade, ſpaine, and epilepſia, commonly called the fallinge euill.

Vena purpuria, or the purple veine, lying in the right arme nexte epatica, towards the hand, is opened againſt diſeaſes of ſpirituall membres and of the bowels.

The

of paynes.

The veyne illiaca nerte vnto the purple veyne, if it be well taken, is good to heale the paynes of all the inwarde members.

Vena pulsatilis, or the beating vaine is good against the trembling of the hearte swelling, and cardiaca passio.

The twoo veynes of the thombes, are opened in dysseases of the heade, bleared eyes, and agaynst the moste parte of all feuers.

The veyne betwene the forefinger and the thombe, is good for stoppyng of the head and to purge the superfluitie of cholere, is good in agues, and in all dysseases of the eyes.

The veyne that is betwene the rynges fynger, and the litle (if it be opened) taketh away diseases of the head, the longes, and of the splene.

The veyne called saluatella in the ryghte hande, betwene the litle fynger and the nerte adioyning, is opened in applaycynge of the breast, agaynst the gummy matter of the eyes, perbrakyng, pelowe saundys, paynes and colykes in the ryghte side of the belley.

R.i.

And

A declaracion

And in the left hande it is opened agaynst
all diseases of the splene, commynge of re-
pulsion and oppilation, and is good to
heale the hemoroides, phrenesy, colykes in
the left syde, dysleases of the veynes, and to
much abundance of the floures.

The veyne of the ryghte syde, if it be o-
pened, is good in lenteria, disitria, drops-
yes and other infirmityes caused of colde
matter.

The veyne of the lefte syde is good a-
gaynst apostumes and ercozacion of the
bladder, paynes of the loynes, swellynge
and stoppyng of the splene.

The veyne of the belly is good agaynst
dysleases of the reynes, and purgeth oute
the melancholy bloud.

The .iiii. veynes about the place called
pecten, on eyther syde the pryncipall members
are good agaynst superfluous issues of
hemoroides, and to swage payne in all dis-
eases of the bladder, and the secrete places
they stoppe the bledynge of the nose and of
other members, and are good to heale the
lenteria and strangury.

The veyne ouer the foreskynne of the
yearde, is opened agaynst the dropsye and
all

of baynes.

at dysleases of the same member.

The veyne vnderneath the sayed skynne is hollesome to be taken for the crampe or spasme, colyke, swellng of the coss, stranguary, dysurie, and dysleases of the stone, both in the reynes and in the bladder.

The two veynes of the thyghes haue a synnguler vertue in the curyng of dysleases in the bladder, and the reynes.

The two veynes in the legges, do serue against the droply, payne and apostema- cyons of the bladder, and the reynes, and the priuy members, and agaynst the goutte & swellng of the knees.

The veine saphena on the inner syde of the legge, is opened agaynst reentyon of the flowers, and in all dysleases of the matryxe, reynes, hyppes, priuy places of men and women.

The outwarde saphena, otherwyle called sciatica, descending from the legges on the outsyde, is exceeding good in curyng the payne of the huckle bone, whereof it hath the name sciatica, and ouer that it healeth al dysleases of the bladder and the bowels, goutte of the handes and of the feete, with other payne of the ioyntes, and the palsy.

A declaracion

The two outward beynes vpon the angles, are good to be opened for retencion of the floures, they take away the sycknes of the splene, and ease the payne of y^e backe strangury, and stone.

The two beynes vnder the litle toe are good to purge the superfluitie of the matryce, and to heale scrophulus of the face and the legges.

The two beynes adioynnyng to the litle toe, cure the apoplexie, yelowe cholere, palsy, and al dysleases of the reynes.

The two baynes in the lesser ioynte of the lytle toe, are opened in curynge of an olde cough, puffles, and ophthalmia in the eyes.

The two beynes in the myddle toe, are good agaynst the scrophules, and diseases of the face, spots, rednes, and pimples, watryng of the eyes, cankers and knobbes, & agaynst the stoppyng of the floures. The beine on the left ioynt in the great toe, is good agaynst ophthalmia of the eyes, spots of the face and the legges, yitch, and blcers of euill complexion, and purgeth superfluities of the matryce. Thus muche I haue declared of the vtilitie of beynes.

Finis.

The

The boke of chil- dren.



I begin a treatise of the
cure of chyldren, it shoulde
some expediente, that we
shoulde declare somewhat
of the p^rinciples, as of the
generacyon, they bee-
ing in the wombe, the tyme of procedynge
the maner of the br^yth, the byndynge of y
naupl, settynge of the members, lauatozies
unctions, swathynge, and entreatemen-
tes, with the circumstaunces of these and
many other: whych if I shoulde rehearse in
particler, it shoulde requyre bothe a longer
time, and encrease into a greater volume.
But forasmuche as the most of these thin-
ges are very true and manifest, som per-
taynyng onely to the offyce of a midwyfe,
other for the reuerence of the matter, not
mete to be dysclored to euery vile person:
I entende in thys boke to lette them all
passe, and to create only of the thynges ne-
cessary, as to remoue y sicknesse, wherof
D.iii. the

The booke.

the tender babes are oftentimes affected,
and desolate of remedy, forsomuch as ma-
ny doe suppose that there is no cure to bee
ministred vnto them, by reason of theyre
weakenes. And by that payne opinion, yea
rather by a folys feare, they forsake ma-
ny that myght be wel recouered, as it shal
appeare by the grace of God hereafter, in
this litle treatise, whē we come to y^e decla-
ration of the medicines. In the meane
season for confutrie of the matter, I entred
to wryte somtewhat of the nource, and of y^e
mylke, with the qualities, and complexiōs
of the same, for in that consisteth y^e chiefe
paynte and summe, not only of the main-
tenance of health, but also of the fourmīg
of infectyng epyther of the wytte or mā-
ners, as the Poet Virgil when he would
describē an incurteis churlysh, and a rude
condithionied tyrant, didde attribute the
faulte vnto the gener of the mylke, as in
saying thus.

Nec tibi diua parens, generis nec
Dardanus author,

Perfide, fed duris genuit te caucibus
horrens Caucasus, bircanaeque admo-

runr

of children.

runt ubera tigres.

For that diuine Poet beeyng throug-
hly expert in the p[ri]mitiues of nature, vnder-
stode ryghte wel how great an alteracyon
euery thyng taketh of the humour, by the
whyche it hath hys alymente and noury-
shynge in the yowthe: whyche thyng al-
so was considered and alleged of manye
wylse Whylosophers: Plato, Theopha-
stus, Xenophon, Aristotle, and Plinye,
who dyd al ascribe vnto the nourcemet as
much effecte or more, as to the generacyō.

And Phauorinus the Whylosopher (as
wryteth Aulus Gelyus) affyrmeth that if
the lambes bee nourysht w[ith] the milke
of goates, they shal haue course wolle, like
the heare of goates: and if kyddes in lyke
maner sucke vpon shepe, the heare of them
shal be soft lyke wolle.

Wherby it dooth appere, that the
mylke and nourishing hath a marucilous
effecte in chaungyng y^e cōplexion, as we se
lyke wylse in herbes and in plantes, for let
the seede or ympe be neuer so good & pure,
yet if they be putte into an vnkynde earth
or watered w[ith] a noughtye and vnhol-

D.iiii.

Some

The booke.

some humoure, eyther they come not by
at all, or els they wil degenerate and turne
out of theyr kynd, so that scarce it may ap-
peare from whence they haue bene taken:
accozdyng to the verse.

*Pomaeque degenerant, succos oblita
prios.*

Wherefore it is agreyng to nature, so
is it also necessary and comly for the own
mother to nource the own chyld.

Which if it may be done, it shalbe most
commendable and holsonic, if not ye must
be wel aduised in takyng of a nource, not
of il complexion and of woyle manners: but
suche as shalbe sober, honeste and chaste,
well fourmed, ampyable and chearefull, so
that she maye accustome the infante vnto
mych no dronkarde, vicious nor sluttyshe
for suche corruptethe the nature of the
chyld.

But an honest woman, (suche as had a
man childe laste afoze) is beste not wythin
two monethes after her delineraunce, nor
approchyng nysre vnto her tyme agayne.
These thyngs ought to be considered of e-
uery wise persō, y wil set their chylde out
to nurce. Whereouer, it is good to loke byō
milke

of chyldren.

milke, and to see whether it be thicke and grosse, or to muche thynne & watrye, blacke or blew, or enclinyng to rednesse or yelow, for all suche are vnnaturall and ennil. Likewyse when ye taste it in youre mouth, if it be eyther bitter, salt, or soure, ye may well perceyue it is vnhollesome.

That milke is good, that is whyte and swete, and when ye droppe it on your nail, and do moue your finger, neyther fleteth abrode at euery sterpyng, nor wil hang fast vpon your naye, when ye turne it downwarde, but that whiche is betwene bothe, is best.

Sometyme it chaunceth that the mylk wasteth, so that the nurse can not haue sufficient to sustayne the child, for & which I wil declare remedies leauinge oute the causes for breuite of time.

Remedies appropriate to
the encreasyng of
mylke in the
brestes.

PAsneppe rootes, and fenell rootes
sodden in brothe of chickyns, and
afterwarde eaten with a litle freshe
butter,

The Booke

butter maketh encrease of mylke within
the brestes.

An other.

✓ The pouder of earthwormes dried and
drunken in the brothe of a neates tounge
is a singuler experiment for the same intet

Also the broth of an olde cocke, wth mints
cinamome and maces.

Rice also sodden in colwes mylke, with
the crummes of white bread, fenell seede
in pouder, and a litle suger is exceadyng
good.

An other good medi- cine for the same.

Take Christal, and make it in fine pou-
der, & mire it with as much fenell seede and
suger, and vse to drinke it warme with a li-
tle wyne.

A plaister for the encrease of mylke.

Take fenell, and horehounde, of euery
one two handfuls, anise seede foure drams
saffron a scruple in pouder, sweete butter
thre ounces, seeth the in water, and make
a plaister to be layd vpon y^e nurses brests.

These thynges haue proprietye to aug-
ment the mylke, dyll, anyse seede, fenell,
Christal,

of chyldren.

Chyffall, hoozechounde, freſhe cheefe, honye, lettuse, beetes, myntes, carrette rootes, parſneppes, the dugges, or bodder of a cowe or a ſheepe, goates mylke, blanched almondes, ryce porrage, a cowers tongue dried and made in powder, porched egges, ſaffron, and the iuyce of roſted bele dronken.

Thus muche of the nourſe, and of the milke: now wyll I declare the infirmities of chyldren.

Although (as affirmeth Plinie) there be innumerable paſſions and diſeaſes, wherunto the bodye of manne is ſubiecte, and as well maye chaunce in the younge as in the olde: Yet for moſte commonye the tender age of chyldren is chieflye vexed and grieved wpth theſe diſeaſes following.

Apoſtume of the brayne.

Swellyng of the heade.

Scalles of the heade.

Watchyng out of meaſure.

Terrible dreames.

The fallyng euill.

The palſey.

Crampe,

Stiffenes

The Booke

Stiffenes of lymmes.
Bloudshotten eyes.
Watring eyes.
Scabbynesse and ytche.
Diseases in the eares.
Peaslyng out of measure.
Bredyng of teeth.
Canker in the mouth.
Quinsye or swelllyng of throte.
Coughe.
Streitnes of wynde.
Feblenes of the stomake and bonistynge.
Pearing or hicket.
Colike and rumblyng in the guttes.
Flur of the belly.
Stoppynge of the belly.
Wormes.
Swellyng of the nauill.
The stone.
Pyslyng in bed.
Brustynge.
Fayling of the skynne.
Chafynge of the skynne.
Small pockes and meascles.
Feuers.
Swellyng of the coddes.
Sacer ignis or chingles.

Burnyng

of chyldren.

Burnyng and scaldyng.

Rybbes.

Consumpcion.

Leaneesse.

Gogle eyes.

Of the Apostumes of
the bryne.

In the filme that couereth the bryne
chaunceth oftentymes apostumacio
and swellng, eyther of to much crye
ng of the chyld, or by reason of the mylk
immoderately hote, or eccess of heate in
the bloude, or of colde fleume, & is knowen
by these sygnes.

If it be of hote matter, the heade of the
chyld is unnaturally swollen, redde and
hote in the felyng: if it come of colde mat-
ter, it is somewhat swollen, pale and colde
in the touchyng, but in bothe cases the chyld
cannot rest, and is euer loth to haue his
head touched, cryeth and bereth it selfe, as
it wer in a frensey.

Remedy.

Make a bathe of mallowes, camomyl,
and lillies sodden with a shepes head, till
the

The Booke

Scalles of the

heade.

The heades of chyldren are oftentimes blcered and scalled, as well when they sucke, and then most commonly by reason of sharpe mylke, as also when they haue bene wayned, and can goe alone. Sometymes it happeneth of an euill complexion of humours by eating of rawe fruite, or other euill meats, and sometyme by long contynuyng in the sunne, many tymes by droppynge of restyve bakon, or of salte beefe on theyr bare heades.

Otherwhyles they bee so borne oute of theyr mothers wombe, and in all theys is no great difficultie tyl the heare be growne but after that, they requyre a greater cure and a cunnyng hande, notwithstandinge as God shall geue me grace, here shall be sayde remedies for the cure of them, such as haue bene oftentimes approued wherin I haue entended to omitte the disputacions of the difference of scales, and the humours wherof they doe procede, and wyll go streyght to the composition of medycines, folowynge the good experientie, here ensuyng.

of children.

ensuing.

Remedies for scalles.

If ye see the scalles like the shells of oysters, blacke and drie, cleauinge vpon the skinne, one within an other, ye may make a fomentacion of hoare and moist herbes, as fenugreke, holy hocke, beares breeche, linsede, and suche other, soddē al or some of them in the brothe of netes fecte, and so to bathe the sores, and after that applie a soft plaister of the same herbes, with gosse grease or butter, vsinge this still, till ye see the scabbe remoued, and then wash it with the iuice of horehounde, smallach and betony, sodden together in wine, and after the wasshing put vpon it pouder of mirre, aloes and frankensence, or holde his head ouer a chafingdishe of coles, wherein ye shall put frankensence and saunders in pouder.

But if ye see the scabbes be very soze and mattrie with great paine, and burning of the head, ye shal make an ointmēt to coole the mater thus.

An ointment to coole the burning
of a soze head.

Take white leade and lytarge, of euery

R. i,

one

The booke

One. b. drammes, lie made of the ashes
of a vine. iiii. drammes, oile of roses, an ounce,
ware an ounce, melte the ware firste,
than put to the oyle and lie, with the rest,
and in the ende. ii. yolkes of egges, make
an ointment, and laye it to the head. This
is the composition of Kasis.

An other ointment singuler for
thesame purpose.

Take betony, groundswell, plantaine,
fumitory, and daisies, of every one like
muche, stampe them, and mingle them
with a pounce of fresh swines greace, and
let them stande closed in a moist place. viii.
daies, to putrify, than fric them in a pane,
and straine them into a cleane vessell, and
ye shall have a greene ointment of a singu-
ler operation for the saide disease, and to
quenche al vnkinde heates of the body.
Also ye must vse to shave the head, what-
soeuer thinges ye do lay vnto it.

If there lacke the cleansinge of the sores,
and the childe weaned, ye shall do well to
make an ointment of a litle turpentine,
bulles gall, and hony, & lay vpon the sores.

Also it is proued, that the brine of a bulle
is a singuler remedy to mūdif the sores,
and

of childzen.

and to lose the heares by the rootes, without any paine or perelle.

The iuice also of mozell, daisie leaues & groundswell fried with greace and made in an ointment, coleteth all unkind heates and puffles of the head.

Here is to be noted, that during this disease in a sucking childe, the nource muste auoide all salt, and solwer meates that engender cholere, as mustarde, binger, and such: and almaner fruites, (except a pomegranade) and she must abstaine in this case, both from egges, and from other kinde of white meates in generall, and aboue all she maye eat no dates, figges, nor purcellane, for many holde opinion that purcellane hath an euill propertie to bresde scabbes and blcers in the head.

Moreouer the childes heade maye not be kept to hote, for that is oftentimes the cause of this disease.

Sometimes it chaunceth y^e there breadeth in the head of childzē as it were litle wartes or knobbes some what hard, & can not be resolued by the said medicines. Wherefore whē ye se y^e none other thig wil helpe, ye shal make a good ointmēt to remoue it,

The booke

in maner as hereafter is declared.

An excellent remedy for wartes
or knobbes of the head.

Take litarge and white lead, of eche a like quantitie, brimstone and quicke siluer quenched with spittle, of eche a lesse quantitie, twice as much oile of roses, and a spoonfull or two of wineger, mixe them altogether, on a marble, til they be an ointment an lay it on the head, and when it hath ben dry an houre or .ii. washe it of with water, where in was sodde maiozan, sauerp and mintes, vse it thus twice a daye. morninge and euening, till ye see it hole. This thing is also good in all the other kind of scalles.

Of watching out of measure

Sleepe is the nourishmēt and soode of a sucking child, and as much requisite as the very teate, wherfore when it is depriued of the naturall rest, all the hole body falleth in dissemper: cruditie and weakenes, it proceedeth commonly by corruption of the milke, or to muche abundance, whiche ouerladeth the stomake, & for lacke of good digestion, vapours and fumes

of childezen.

fumes arise into the heade, and infect the
braine, by reason whereof the childe can
not slepe, but turneth and breeth it selfe
with cying.

Therfore it shalbe good to prouoke it to a
naturall slepe thus, according to Rasis.

Annoint the forehead and temples of the
child, with oyle of violers and vineger, put-
ting a drop or two in the nosehilles, and
if ye can gette any sirupe of popie, geue it
the childe to licke, and than make a plaister
of oyle of saffron, lettuse, and the iuice of
poppy, or wette cloutes in it, & lay it ouer
thx arte the temples.

Also the seades and the heades of pop-
pie, called chesbolles, stamped with rose-
water, and mixte with womans milke,
and the white of an egge, beaten all toge-
ther and made in a plaister causeth the
childe to receiue his naturall slepe.

Also an ointment made of the seede of
poppy and the heades, one ounce, oyle of let-
tuse, and of poppy, of eche. ii. ounces, make
an ointment and vse it.

They that can not gette these oyles may
take the herbes, or iuice of lettuse, purce-
lane, houseleke, and poppe, and with wo-

The boke

mans milke, make a plaister, and lay it to the forehead.

Oyle of violettres, of roses, of nenuphar are good, and oile of populeon, the broth of mallowes sodden, and the iuice of water plantaine.

Of terrible dreames and feare
in the slepe.

Sometimes it happeneth that the childe is afraid in y^e slepe, and sometimes waketh sodainly, and starteth, sometime shrieketh and rebleth, which effect commeth of the arising of stinkinge vapours out of the stomake into the fantasie, and senses of the braine, as ye maye perceiue by the breath of the childe: wherefore it is good to geue him a litle honey to swallowe, & a litle pouder of the seedes of peome, and sometimes triacle, in a litle quantitie with milke, and to take hede that the childe sleepe not with a full stomake, but to beare it about wakinge, till part be digested, and whan that it is laide, not to rocke it muche, for ouermuche shakinge letteth digestion, and maketh the childe many times to vomite.

The

of children.

The falling euill called in the
greke tonge epilepsia.

At onely other ages but also litle
children, are oftentimes afflicted,
with this greuouse sickenes, some-
time by nature receiued of the parentes, &
than it is impossible, or difficile to cure,
sometime by euill & vnholosome diet, wher-
by there is engedred many cold and moist
humours in the braine, whereupon this
infirmity procedeth, whiche if it be in one
that is young and tender, it is very harde
to be remoued, but in them that are some-
what stronge, as of seuen yeares and by-
warde, it is moze easy.

I finde that many thinges haue a na-
tural vertue againste the falling euill, not
of any qualitie elementall, but by a singu-
ler propertie, or rather an influence of hea-
uen, whiche almightie God hath geue vn-
to thinges here in earth, as by these and
other.

Saphires, smaragdes, red corall, pio-
ny, mistletowe of the oke, taken in the
monethe of Marche, and the moone de-
creasynge, tyme, sauein, dille, and the

R. iiii.

Stone

The booke

Stone that is founde in the bellie of a yong
swallow, being the first broode of the dame.
These or one of them, hanged about the
necke of the child, saueth and preserueth it
from the said sickenes. Now wil I descri-
be some good and holtsome medicines to be
taken inward for the same disease.

If the child be not very young, the ma we
of a leueret, dronke with water and hony
cureth the same.

A medicine for the falling sickenesse.

Take the roote of piony, and make it
into powder, and geue it to the child to lick
in a litle pappe and suger.

They that are of age, may cate of it a good
quantity at once and likewise of the blacke
seeds of the same piony.

Item the purple violetttes that creapeth
on the ground in gardeins with a longe
stalke, and is called in englishe hearteseale
dronken in water, or in water and honye,
helpeth this disease in a young childe.

Moreouer the muscle of the oke rased
and geue in milke, or in water and honie,
is good.

Also ye may still a water, of the floures of
lind,

of children.

kind, it is a tree called in lati tilia, the same wherof they make ropes and halters of the barke, take the same floures and distill a water, and let the patient drinke of it now and than a sponesfull, it is a good remedy.

Item the roote of the sea thistle called *Erigium* in latin, eaten in broth or dronken, is exceeding good.

Some write that cicorpe is a singuler remedy for the same disease. It is ment by wilde cicorte, growing in the cornes.

The floures of rosemary, made in a cosserua hath the same effect in curinge this disease.

I could declare many other remedies commended of authours, but at this time these shalbe sufficient.

Nowe I will entreate somewhat of the palsey.

Of the palsey or shaking of membres.

The cure of the palsey in a childe, is not like to that whiche is in elder age, for the sinues of a childe be verpelesse and tender, and therefore they ought to haue a much weaker medicine, euermore regarding the power of the sickenes, and

The booke

and the vertue or debilitie of the gricued patient.

For sometimes the childe can not lise neither legges nor armes, which if it happen during the suckinge, than muste the nource vse a diet enclining to hote & drie, & to eate spices, as galingale, cinamone, ginger, macis, nutmiggess and suche other, w^{ch} roasted and fried meates, but abstaine frō milke & almaner fish. And it shall be good for her, to eate, a lectuarie made after this sorte. Take mintes, cinamon, cūmine, rose leaues dried, mastike, fenugreke, valerian, ameos dozoniſi, zedoary, cloves, saunders, and lignū aloes, of euery one a dramme, muske half one dramme, make an electuary with clarified hony, and let her eate of it, and geue the childe as muche as halfe a nut euery daie to swallow.

A plaister.

Take an ounce of ware, and a dramme of euphorbium, at the potecaries, and temper it with oile oliue on the fier, and make a serecloth, to comforte y^e backe bone, and the sinelwes.

A goodly lauatory for the same purpose.

Take

of childezen.

Take lic of ashes, and seeth therin baye
buries, and as much piony sedes, in a close
vessel to the thirde part, and wash the childe
often with the same.

Item a bathe of sauery, mazerim, time,
sage, nepte, smallage, and mintes, or some
of them is very good and hollesome.

Also to rubbe the backe of the childe and
the limmes, with oiles of roses and spike,
mirtle together warme, and in stede of it
ye may take oyle of baies.

Of the cranepe or spasmus.

This disease is often sene amonge
childezen and commeth very light-
ly, as of debilitie of the nerues and
cordes, or els of grosse humours, that suf-
focate the same: the cure of the which is de-
clared of authours to be done by frictions &
ointments that comfort the sinowes and
dissolue the matter, as oyle of flookedelui-
ce, with a litle anise, saffron and the rotes
of piony.

Item oyle of camomil, fenugreke, and mellis-
lote, or the herbes sodden, betony, worme-
wood, verueine, & time, are exceeding good
to washe the childe in.

Item the plaister of euphorbium,
in alken

The booke

written in the cure of palsey.

Of the stiffness or starchenes
of limmes.

Sometimes it happeneth that the
limmes are starke, and cā not well
com together without the greater
peine, which thing procedeth many times
of colde, as whā a childe is sounde in the
frost, or in the strete, cast awayne by a wyc-
ked mother, or by some other chaunce, al-
though I am not ignoraunt that it maye
procede of many other causes, as it is said
of Rasis, and of Arnolde de villa noua, in
his booke of the cure of infantes.

And here is to be noted, a wonderfull
secrete of nature, many times approued,
written of Auicenne in his firste Canon,
and of Celius Antiquarū electionū, lib. 20.
xiii. capit. xxxvii. that whā a member is ve-
terly benumbed and taken through cold,
so that the pacient can not feele his lim-
mes, nor moue them according to nature,
by reason of the vehēmet of congelaciō of
the bloud, in such case the chiefest help or re-
medy is not to set the to the fier to receiue
heat, for by that meanes, lightly we se that
euery one swolneth and many dye oute-
right,

of children.

right, but to sette the feete, legges, and armes, in a paille of clere colde water, which immediatly shall dissolue the congelacion, and restore the bloud to the former passage and freedom, after that ye may lay the patient in a bedde to sweate, and geue him hote drinke and caudels or a coleis of a capon hote, with a litle cinamome and saffron, to comfort the hart. An argument of this cure ye may se thus.

When an apple or a peare is frosen in the winter, sette it to the fier, and it is destroyed: but if ye put it into colde water, it shall as well endure as it did afore, wherby it doth appere, that the water resoluerh cold, better with his moisture, than the fier can do by reason of his heate: for the water relenteth and the fier draweth and drieth, as affirmeth Galene in his booke of elementes.

Hitherto haue I declined by occasion, but I trust not in vaine to the reader, now to my purpose.

When a young childe is so taken with a colde, I esteeme it best for to bath the body in luke warme water, wherein hath bene sodde maioran and tyme, isope, sage, nut-

tes,

The booke

tes, and suche other good and comfortable herbes, then to relieue it with meates of good nourishment, accordinge to the age and necessitie, and if neede be, when ye se the limmes yet to be starke, make an ointment after this fourme.

An ointment for stiffe and
stained limmes.

Take a good handefull of nettles, and stampe them, then seth them in oile to the third part in a double vessell, kepe that ointment in a drie place, for it wil last a greate while and is a singuler remedy for y^e stiffness that cometh of cold, and whoso anointeth his handes and fete with it in y^e morning, shal not be greiued with colde all the daye after.

The sedes of nettles gathered in haruest and kept for thesame entente, is exceedinge good sodden in oile, or fried with swines grece, whiche thinge also is verye good to heale the kybes of heeles, called in latin Perionies. The vyne of a goate with the donge stamped and laied to the place, resolueth the stiffness of limmes.

When the cause commeth not by extreme colde, but of some other affection of the sinewes

of child:en.

nowes & cordes, it is best to make a bath
or a fomentacion of herbes that resolute &
comfort the sinowes, with relaxacion of
grosse humors, and to open the pores, as
by example thus.

Take malowes, holyhocke and oil, of eche
a handfull or two, lieth them in the water
of netes fete, or in broth of fleshe without
salt, with a handfull of branne and cummi-
ne, in the whiche ye shal bath the childe, as
warre as he maye suffer, and yf ye se ne-
cessitie, make a plaister with the same her-
bes, and laye it to the grieve with a litle
goosegrece, or duckes grece, or if it may be
gotte, oile of camomil, of lilies, and of pill.
Cloutes wette in the said decoction, & laide
about the members helpeth.

Of bloudshoten eyes, and other
infirmities.

Sometime the eyes are bloudshoten, &
other whiles encreasing a filthi and white
humour, couering the sight, the cause is
efien of to muche crying, for the whiche it
is good to drop in the eyes a litle of the
juice of nightshade, otherwise called mo-
rell, and to annointe the foreheade with
the same, and if the eye swell, to wette a
cloute

The booke

cloute in the iuice, and the white of egges,
and lay it to the grieve.

If the humour be clammythe & tough,
and cleueth to the corners of the eyes, so
that the child can not open them after his
sleepe, it shalbe remoued with the iuice of
houleke, dropped on the eye with a feather.

When the eye is bloudesthotten and
redde, it is a singuler remedy to put in it
the blond of a young pigion, or a doue, or
a partriche, either hoate from the birde, or
els dried and made in powder, as subtil as
may be possible.

A plattter for swelling and paine
of the eyes.

Take quintes and crummes of white
bread and seeth them in water till they be
softe, then stampe them, and with a litle
safron and the yolkes of two egges, make
a plattter to the chilles eyes and forehead.

We maye let him also receiue the fume of
that decoction. It is also good in the me-
grim: if ye wil haue further, loke in the re-
giment of lif, in the declaracion of paines
of the head.

Of watering eyes.

of childzen.

If the childes eyes water ouermuch
wpyhout crying, by reason of a distil
lacyon comming from the head Ma
nardus teacheth a goodly playster, to re
strayne the reumes, and is made thus.

Wartes horne bzent in pouder, and wa
shed twise, guaiacum, othe[r]wise called lig
num sanctum, corticu[m] thuris, antimonie,
of ech one part, muske the.iii. parte, of one
part, make a fyne pouder and vse it wpyth
the iuyce oz water of fenel. These thinges
haue vertue to staunch the running of the
eyes. The shelles of mayles bzent, & ticke
that is founde in the dugges of kyne, phi
lypendula, frankensence, and the white of
an egge layed vpon the forehead, slewozte
oz the water wherin it steeped, tutie, & wa
ter of buddes of oke stilled, beane floure
finely sifted, and with the gumme of a che
stire steeped in vinegar, and layed ouer all
the temples.

Of scabbines and yche.

Sometyme by reason of excesse of
heate, oz sharpenesse in the mylke,
thzough the nourses eating of salt
and eygre meates, it happeneth & a chylde
is sene ful of yche by rubbyng, scetyng,

S.i.

and

The booke.

and chafing of it selfe, encreasynge a scab
called of the Grekes Psora: whych thyng
also chaunceth vnto many after they bee
weaned, procedyng of salt and aduste hu-
mours, the cure wherof differeth in none
other, but accordyng to the difference of
age, for in a suckyng babe the medycynes
maye not be so sharpe, as it may be suffred
in one that is already weaned. Agaynst
such vnkynde yetch, ye may make an oint-
ment thus.

Take water of betony, two good hand-
fuls, dayly leaues, and alehose other wyse
called tudnour or grounde pyve, of ech one
handful, the red docke roses, two or thre,
stampe them altogether, and grinde them
wel, then myngle them wpyth fresh grease
and agayne stampe them.

Let them so stande. viii. dayes to putry-
fye tyll it be hoare, then fry them out and
strayne them and keepe it for the same en-
tente.

This oyntmente hath a greate effecte
both in younge and olde, and that without
repercussyon or driuing backe of the mat-
ter, which should be a peryllous thyng for
a younge chyld.

The

of children.

The herbe water betonye alone, is a great medecyne to quenchē all unkynde heates wythout daunger, or the sethyng of it in cleare wel water, to annoynte the members. It is a common herbe and groweth by ryuers sydes, and smal rennyng waters, and wette places, arysyng many tymes the heygth of a man out of y^e ground where he reioyseth, wyth a stalke foure square, and many braunches on eueryside and also. it beareth a whitish blew floure very smal, & in haruest it hath innumerable seedes, blacke, and as fyne as the seede of rutstone or lesse, & leaues bigge and long accordyng to the ground, full of iuice, tagged on the sydes lyke a saw, even as other betony, to whom it approcheth in fygure, and obteyneth hys name of water betony. The sauoure of the leafe is somewhat heauie, mosse lyke to the sauoure of elders or waltwort, but when it is brused it is more pleasant, which thig induceth me to vary fro the mynd of them y^e thinke this herbe to be Galoplis in Dioscorides, written of him y^e it shoulde stynte whē it is stāped, but the more this herbe is stāped, y^e moreswete and herbelyke it saureth: therfore it can-

The boke.

not be galeopsis, and besides that, it is ne-
uer founde in dry and stony ground as *h*
Galeopsis is. Neither is this herbe men-
tioned of the new or old authours: as far as
I can see, but of only *Wigo*, the famous sur-
gion of our tyme in Italy, whych writeth
on it, that this herbe exceedeth all other in
a malo mortuo (so calleth he a kynde of le-
prous elephantike: or an vniuersal and filthy
scab of al the body:) and in lyke maner he
saith, it is good for to cure a canker in the
breastes. We may reade these thynges in
his. ii. boke, Capitul. iii. and his sifte booke
of the French pockes, in the third chapter
wher he doth describe this aforesaid herbe
wyth so manifest tokens, that no mā wyll
doubt it to be water betony, conserryng
the boke & the herbe duly together. More-
ouer he nameith in Italy a byrdge where it
groweth in the water in great aboundāce
and is called of that nacō Alabeueratoze
which in dede the Italians that come hy-
ther and know both the place and *h* herbe
doe affirme plainly, it is our water betony
And wheras he allegeth Dioscorides incli-
meno, which by contemplacyon of boche
hath but small affinitie or none with this
herbe

of chylbreit.

herbe. It was for nothyng els but lacke of
the tōges, which faute is not to be so high-
ly rebuked in a mā of hys study, applyng
hymselfe moze in the praccyse of surgery,
and to handy operacyon, wherem in dede
he was nere incomparable, then he dyd
to search the varyaunce of tonges, and ra-
ther regarded to declare the operacyon of
thynges wyth trueth, then to dispute vpon
the properties or names wyth eloquence.
Thus haue I declined again frō my mat-
ter, partly to shewe the discripcion of this
holosome herbe, partly to satisfie & myndes
of the surgions in Wigo, whych haue hy-
ther to red the said places in bayn, and fur-
thermoze because ther is yet none that de-
clareth manifestly the same herbe.

An other remedy for scabbes and itche.
Take the rotes of dockes, and fry them in
fresh grease, then put to a quantitie of bri-
stone in powder, and vse to rub the places
twyse or thysle a day Brimstone poudred
and supped in a cere egge healeth & scabs,
whych thyng is also very good to destroye
wozmes.

A goodly swete sope for scabs

and ytche.

S.iii.

Take

The booke

Take whyte sope halfe a pounce, and
stepe it in suffycient rosewater, tyll it bee
wel soaked, then take two drames of mer-
cury sublymed, dissolve it in a lytle rose
water, labour the sope and the rosewater
wel together, and afterward put it in a li-
tle muske or ciuette, and kepe it. This sope
is exceeding good to cure a greete scabbe
or pteche, and that wythout peryll, but in a
chylde it shall suffice to make it weaker of
the mercury.

An other approued medicine

for scabbynes and

ptche.

Take sumitroye, docke rotes, scabiousse
and the rote of waltwort, stampe them all
and set them in freshe grease to putrefye,
then fry them and strayne them, in which
licoure ye shal put turpentyne a litle qua-
ntyte, bymstone and frankensence be ye
fynely poudred and syfted a porcyon, and
wyth suffycient ware make an oynment
on a soft fyre: thys is a synguler remedye
for the same purpose. But in thys cure ye
ought to geue the chylde no egges, nor a-
ny egre or sharpe meate, and the nurce al-
so must auoyde the same, and not to wrap

of chylozen.

it into hotte, and if nede be, to make a bath
of fumitory, centaury, fettherfelle, tansie,
wormewood, and sauge, alone, if ye see the
cause of the yitch or the scab to be wormes
in the skyn for a bytter decoction shall de-
stroye them, and drye by the mystryes of
the sores.

Of dyscase in the eares.

MAny dyscases happen in the eares
as payne, apostumes, swellinges
ringinge and sounde in the head,
stopping of the organs of hearpng: water
wormes, and other infortunes gotten into
the eares, wherof some of them are daun-
gerous and hard to be cured, some other
expelled of nature wythout medecyne.

Remedy for payne in the eares.

For payne in the eares wout a many-
fest cause, as ofte chaunceth, it is a singular
remedy to take the chesse wormes, that are
found vnder barkes of trees, or in other sta-
pes in þe ground, & wil turne round lyke a
pease, take of the a good quantite, & see the
the in oyle, in þe rind of a pomegranade on
þe hote imbers, þe it bren not, and after that
strayne it & put into the eares a droppe or
two luke warme, and then lette hym lye

The booke

upon the other care, and rest: ye may geue
thys to al ages, but in a chyld ye must put
a very litle quantite.

An other.

The haine or skin of an adder or a snake,
that she casteth, boiled in oyle, and dropped
into the eares, caseth the payn, and it is al-
so good for an eare that mattereth mingled
with a litle honny, and put in luke warme.
It is also good to droppe into the eares the
iuyce of organy and mylke.

For swellng vnder the eares.

Painters oyle, which is oyle of lynesede, is
ercreadyng good for the swellng of the ea-
res, & for paine in the eares of all causes.
Item a plaister made of lynesede and dyll,
with a litle duckes grece and honny. If ye se
the apostume breake, and renne, ye maye
clense it wth the iuice of smallache, & whyte
of an egge, barleye floure and honny, which
is a common playster to mundysye a soze.
When y^e eares haue receiued water or any
other licour, it is good to take & stäpe an o-
nis & wyng out y^e iuice wth a litle gose grese
and drop it hote into y^e eares as it maye be
suffred & lay hym downe on the contrarpe
syde an houre, after that cause hym to
nese

of chyldren

neſe, if his age wyl ſuffer, with a litle pellit
toꝝ of ſpain, oꝝ neſig pouder, & the encline
his eare downward, ȳ the mater may iſſue.

For woꝝmes in the eares.

Take mirre, aloes, & the ſeede of colo-
cinthes, called colocynthida of ȳ apotheca-
ries, a quantitie of cche, ſeeth the in oyle
of roſes, & put a litle in ȳ eare. Mirre haſte
a great vertue to remoue the ſtenche that
is cauſed in the eares by any putrefaccion
and the better with oyle of bitter almone,
oꝝ ye may take the iuyce of woꝝme woode
with hony and ſalt peter.

For wind in the eares & tinkling.

Take mirre, ſpikenarde, cummine, oil,
and oile of camomil, & put a droppe in the
eares. Thei ȳ haue not al theſe, may take
ſom of the, & apply it according to diſcreciõ

To amend deaffenes, ye ſhall make an
oyntment of an hares gall, and the greaſe
oꝝ dropping of an ele, which is a ſouerayn
thyng to reconer hearyng.

Of neſyng out of meaſure.

When a childe neſeth out of meaſure,
that is to ſay with a long cõtinuance
& therby the bꝛayn & vertues animal
be febled, it is good to ſtop it, to auoyde a
further

The Booke

farther incontinence.

Wherefore ye shall anoynt the heade wth the iuyce purcelane, sozel, and nightshade, or some of them, and make a plaister of y^e whyte of an egge, and the iuyce, with a lytle oyle of roses, and emplaister the fore head and temples, with the milke of a woman, oyle of roses, and vineger a litle.

If it come of colde reume, ye shal make a plaister of massike, frankensence, mirre, wine, and apply it to the former part of y^e heade, A some of thesame receiued in star, & laid vpon the childes head, is holesome.

Breedyng of teeth.

About the seventh moneth, somtyme more somtyme lesse, after y^e byrthe, it is natural for a childe for to breede teeth, in which time many one is sore vexed wth sondry diseases and paynes, as swelling of the gummes and iawes, vniquiete crying: feuers, crampes, pallsies, fluxes, reumes, and other infirmities, specialllye, whan it is long or the teeth come foorth, for the sooner they appeare, the better, & the more ease it is to y^e chylde. Ther be diuers thynges that are good to procure an easy breeding of teeth, among wh^{ch} y^e chiefest

of chyldren

is to annoynt the gummes, with y^e braynes
of an hare, mixt with as much capōs grease
& hony, or any of these thynges alone, is
excedyng good to supply the gummes and
the sinewes.

Also it is good to washe the chyldes thoo
or thre times in a wycke, with warme wa-
ter, of the decoction of camomil holyhock
and dyll. Fresh butter with a litle barley
floure or honye, with the fyne powder of
frankensence and liquozice, are commen-
ded of good authours for the same intente.
And when the payn is great, and intolle-
rable, with apostume or inflammation of
the gummes, it is good to make an oyn-
ment with oyle of roses with the iuyce of
mozel, otherwyse called nightshade, and
in lacke of it, annoynte the iawes wythin,
with a litle fresh butter and hony.

For lacke of the hares brayne, ye maye
take the conyes; for they bee also of the
kyndes of hares; and called of Plinie
Dasypodes, whose maiwes are of the
same effect in medicyne, or rather more
than is wrytten of authours, of the maiwes
of hares.

If ye see the gummes of the chyldes to
apostume

The Booke

apostume, or swell wth soft fleshe, full of matter & painful, y^e best shalbe to annoynt the soze place wth the brain of an hare, & capons greace, equally mixt together, & after that ye haue v^sed this, once or twice, annoynte y^e gummes & apostumacions with honye.

Thirde if this help not, take turpentine mixt with a litle hony in equal porciō. And make a bath for the head of the chyld, in this fourne folowynge.

Take the floures of camomill and dyll, of eche an handfull, seeth them in a quart of pure renning water, vntill they be tender & wash the head afoze anye meate, euerie mornynge, for it purgeth the superfluity of the braines, through the seames of y^e skul, and withdraueth humours from the soze place, finally comforteth the brayne & all the vertues animal of the chyld.

To cause an easy bredyng of teeth, manye thinges are reherfed of autoures, besides the premisses, as the firste cast tothe of a colt, set in siluer & born, or red corall in like manner, hanged about the neck, wher vpon the chyld should oftentymes labour his gummes, & many other like, whyche I leave out at this tyme to auoid tediousnes
only

of chyldren.

onely content to declare of this coral, that by consente of al authours, it resisteth the force of lightning, helpeth the chyldren of the falling euyl, and is very good to bee made in pouder, & dronken against al manner of bleding of the nose or fundamente.

Of canker in the mouth.

Manye times by reason of the corruption of the milke, venemous vapours arysing from y^e stomake, & of many other infortunes ther chanceth to brede a canker in the mouthes of chyldren, whose signes are manifest ynough, that is to saye by stinkyng of the mouthe, pain in the place, continuall rennyng of spittle, swelling of the cherke, & when the mouth is opened agaynst the sunne, ye maye see clerely wher the canker lyeth. It is so named of the latter sorte of phisicians, by reason of creppng and eatyng forward & backward, and spredeth it selfe abrode, like the fete of a creues, called in latin cancer, notwithstanding, I know y^e the Greeces, & auncient latins, geue other names vnto this discaise, as in calling it an vlcir, o^r herwhyles aphthe, nome, carcinomata, & lyke, which are al in english knowen by the

The Booke

the name of canker in the mouth, and although there be many kindes accordyng to the matter, whereof they be engendred, and therfore require a diuersitie of curing yet for the most part, whan they be in chylde, the cure of them all differeth very litle or nothyng, for the chiefe intent shalbee to remoue the malignitie of the soze, and to dreye by the noysome matter & humours that comendify & heale, as in other kinds of blisters.

Remedyes for the canker
in the mouthe of
chylde.

TAke dreye red roses, & violets, of eche a like quantite, make the in powder, & mixe them with a litle honye, this medicine is very good in a tender suckyng chylde, & many times healeth alone wythout any other thyng at al. But if ye se that be great heate and burnyng in the soze, to exceeding payn, ye shal make a iure of pursellane, lettise & nightshade, & wash y^e soze with a fine piece of silk, or dreyne it in with a spout, called of y^e surgions a spring. This by the grace of god, shal abate the brening aswage the pain, & kil the venim of y^e blcer
But

of chylodreit.

But yf ye see the canker yet encrease with great corruption and matter, ye shal make an oynment after this maner.

Take mirre, gailles, wherewyth they make ynke, or in default of them oken apples dried, frankesence, of eche a like much of the black berries growing on y bramble taken from the bush while they be greene the.iii. part of al the rest, make them all in powder, & mire them with as much honye & saffron, as is sufficient, and vse it.

A stronger medicine for the canker in the mouth of children.

Take the roote of celidonie dyed, the rinde of a pomegranade, red coral in powder, and the powder of a hartes horne, of eche a lyke, roche alumie a lit. e. First wash the place with wine, or warme water, and hony, and afterwarde put on the forsaide powder, very fyne and subyle.

An other singuler medicine for the canker in the mouth of al ages.

R. yslope, sage, rue, of ech one good handfull, sceth them in wine and water to the third part, then strain them out, and putte in it a little whyte coperose, accordyng to necessitye; that is to saye, when the
soze

The Booke

soze is great, put in the more, whan it is
smal, ye may take y lesse, than adde to it a
quantitie of hony clarifyed, & a sponesful oze
two of good aqua vite, washe y place with
it, for it is a singuler remedy, to remoue y
malice in a short while, which done, ye shall
make a water incarnative & healing thus.

R. rybworte, bitonye, & daisies, of eche a
handful, seeth the in wine & water, & washy
his mouth two or thre times a daye wpyth
thesame unce. Moreover some wyte that
chrystal made in fine powder, hath a singu-
ler vertue to destroy the canker, & in lyke
maner the powder of an hartes horne bzet
with a smych of the rind of a pomgranade
and the iuyce of nightshade, is verye good
and holesome.

Of quinsy and swelling of the throte.

The quinsy is a dangerous sickness
both in yonge & olde, called in latin
langina, it is in an inflammacio of
the neck, with swelling & great payn, som-
tyme it lyeth in the very throte, vppon the
wesaunt pype, and than it is excreading pe-
rilous, for it stoppeth the breath, & strangle-
th the patient anone. Otherwhyles it
breaketh out like a bonche on the one syde
of

of childzen.

the necke, and than also wyth very greate difficultie of bzeathyng, but it chokeyth not so sone as the fyrst doeth, and it is more obedyent to receiue curacion.

The sygnes are apparaunt to sight, and besydes that the child cannot cry, neither swallow down hys meate and drinke wythout payne.

Remedy.

It is good to annointe the grieke with oile of oil, or oyle of camomyll, and lyllys, and to lay vpon the head, hote cloutes dypt in y waters of rosemary, lauender, and laucry. The chiefest remedy commended of authoures in thys outragious sickenes, is y powder of a swallowe bzent wyth fethers and al, and myrt wyth honye, whereof the payent must swallow down a lytle, and y rest annointed vpon the payn. Thei praise also the powder of the chyldees dunge to the chylde, and of a man to a man, bzent in a pot, and annoynted with a lytle hony. Doe make a compounded oynment of both, the recepte is thus. R. of the swallow bzente one porcyon, of the second powder another make it in a thicke fourme wyth hony, and it wyl endure longe for the same entente.

T.i.

Atent.

The boke

Item an other experiment for the quinsy and swelling vnder the eares. Take the murtherom y groweth vpon an elder tree, called in englyshe. Jewes eares (for it is in dede cronclled and flat, much like an eare) heate it agaynst the fier and put it hote in any drynke, the same drynke is good and holsome for the quinsye. Some hold opynion, y whoso blerth to drynke w it, shall neuer be troubled w thys dyscase, and therefore cary it about wth them in iourneies

Of the coughe.

The cough in children for the most part, procedeth eyther of a cold, or by reaso of reumes, descēding frō y head into y pypes of the longes or the bzeast: and y is most cōmonly by ouer much aboundaunce of mylke corrupting y stomake & bzayn: therfore in that case, it is good to fede y child w a moze slender dyet and to anoynt y head ouer w hony, & holo and then to presse hys tonge wth yourē fyrnger, holdyng down his head y the reumes may issue, for by y meanes y cause of the cough shal rāne out of hys mouth, and auoyde the chylde of many noughye and slimy humoures: wbyche done, manye tymes

of childezen.

mes the paelente amendeth withoute any further helpe of medicine.

For the cough in a childe.

Take gumme arabike, gumme dragagāt quince sedes, liquirice and penidies, at y apothecaries, breake them altogether, and geue the childe to sup a litle at once, with a draught of milke new warme, as it cometh from the cowe. Also stampe blaunched almonds, and wyng them out w the iuyce of fenell, or water of fenel, and geue it to the chylde to fede wyth a lytle suger.

Agaynst the great cough & heate in the body.

The heades of whyte poppy, and gum dragagant, of ech a lyke much, long eucumer sedes, as much as all, seeth them in whay, wyth reasons and suger, and lette the chylde drynke of it twise or thise a day luke warme or colde.

Of straitnes of wynde.

Against y straitnes of breathig, which is no quinsy, y cōsente of aurohores do attribute a gret effect, to limesede made in pouder, & tēcred w hony, for the childe to swallow down a litle at once. I fide also y y mylke of a mare newly receiued of

I.ii. the

The boke

the child wyth suger, is a singuler reme-
dy for the same purpose. Whych the thynge
moreouer, is excedyng holsum to make y
belly lare wythout trouble.

Of weakenes of the stomake
and vomiting.

MAny tymes the stomake of y child
is so feble that it cannot retayne
ether meate or dzyinke, in whyche
case and for all debilitie therof, it is verpe
good to wash the stomake with warme wa-
ter of roses, wherein a lyttle muske hath
been dissolued, for that by the odoure and
natural heate geueth a comforte to all the
spirital members. And then it is good to
roast a quynce tender, and with a litle pou-
der of cloues and suger to geue it to the
chylde: to eate conserua quinces, wyth a li-
tle cinamome & cloues, is synguler good
for the same entent. Also ye may make a
iuce of quinces and geue it to the child to
dzyinke wyth a lytle suger.

An oynment for the stomake.

Take gallia muscati at the pothecaries. xx
grain weight, mirre & very lytle, make it
vp in oynment fourne, wyth oyle of ma-
stike, and water of rose: sufficient, this is
a very

of children.

a very good ointment for the stomake.

An other synnguler receyte.

Take mastike, frankinsence, and drye red roses, as much as is sufficient, make them in powder, and temper them by wyth the iuyce of mintes, and a sponcful of vineger and vse it.

An other.

Take wheate floure and parche it on a pan, til it begyn to brenne and ware redde than stape it wyth vineger, and adde to it the yolkes of two egges harde roasted, mayke, gumme, and frankinsence sufficiēte make a plaister & laye it to the stomake.

To recouer an appetite losse.

Take a good handfull of ranke & lussy rebo and seeth it in a pynt of vineger to the. iiii. part or les, & make it very strong, whereof if it be a child, ye may take a tosse of browne bread, and stampe it wyth the same vyneger, and lay it playsterwyse to y^e stomake, and for a stronger age besydes y^e playster, let hym sup morning and euening of the same vineger. This is also good to recouer a stomake lost, by cōmynge to a syer after a long iourneye, and hath also a singuler vertue to restore a man that swonethe.

L.iii.

An

The boke.

An experimēte often approued of Kasis for the boyme of chyldren.

Kasis a solemne practitioner amonge physicians, affirmeth y he healed a greate multitude of thys displease, onely wpth the practyse folowynge, whych he taketh to be of great effecte in al lyke cases. Fyyste he maketh as it wer an electuary of apothecary stuffe, that is to saye, lignum aloes, mastike, of euery one halfe a dram, galles half a scruple, make a lectuary w srupe of roses, & gallia muscata & suger. Of this he gaue y chyldren to eate a very litle at once and often. Afterwarde he made a playster thus. R. mastike, aloes, aloes, galles, frankensence, & bzent bread, of ech a lyke portion, make a plaister with oyle and srupe of roses to be laid to y chyldees stomake hote

An other oyntment for the stomake, descrybed of Maikel. Placentino.

Take oyle of mastike oz of wormewood ii. ounces, ware. iii. ounces, cloues, macys, and cinamome, of eche thre drammes, make an oyntment addyng in the ende a litle byneger.

The

of childeheit.

The yolke of an egge hard rosted, make
stike, frankinsence and gumme, made in a
plaister with oyle of quinces, is excedyng
good for the same purpose.

Of pearyng or hicket.

If chaunceth oftentimes that a childe
peareth out of measure: wherfore it
is expedient to make the stomake ey-
gre afore it be fed, and not to replenysh it
with to much at once, for this disease com-
monly procedeth of fulnes, for if it come of
emptynes, or of sharpe humores in the
mouth of the stomake, whyche is seldome
sene: the cure is then very difficil and dan-
gerous.

Kemedy.

When it cometh of fulnes that a childe
peareth incessantly without measure and
that by a long custome, it is good to make
hym bonny with a fetter or by some other
lyght meanes, that the matter which cau-
seth the pearyng, may issue & breake the
stomake, & done, byng it a slepe, and vse to
annoynte the stomake with oyles of castor,
spye camomyl, and dyl, or two or thre
of them. ioyned together warme.

Of colyke and rumblyng
in the gutes.

L.iii.

Peine

The boke.

Pyne in the belly is a common disease of children, it cometh eyther of wormes, or of takyng colde, or of euyl mylke, the sygnes therof are to well knowen, for the chylde cannot rest, but crieth and fretteth it selfe, and many tymes cannot make their byrre, bi reason of widd that oppresseth the necke of the bladder, & is knowen also by the member in amanne chylde, which in thys case is alway styffe, and pricking, mozeouer the nypse and rubbing in the guttes, hyther and thicher, declareth the childe to be greued, wpyth wind in the belly, and colyke.

Cure.

The nurce must auoide al maner of meates y engender wynde, as beanes peason, butter, hard egges, & such. Thā washe the chylde's belly w hote water, wherein hath been sodden cummine, oil & fenel, after y make a playster of oyle and ware, & clappe it hote vpon a cloth vnto the belly.

An other good playster for the same entente.

Take good stale ale and freshe butter, seethe them wpyth an handefull of cummyne poudred, and after putte it all together

of chyldren.

gether into a swines bladder, & hynde the mouth fast, that the licoure yssue not oute, then wynde it in a clothe, and turne it by and down vpon the belly as hote as y patient may suffer, this is good for the colike after a sodayne colde, in all ages, but in chyldren ye must beware ye applye it not to hote.

Of flux of the belly.

MAny tymes it happeneth, eyther by takyng colde, or by reason of great payn in breeding of teeth, or els through salte and eyger fleume or choler engendred in the body, that the chyld falleth in a sodayne lar, whiche yf it longe continue and be not holpen, it may bring the patient to extreme leanesse and cōsumption: wherefore it shalbe good to seke some holesome remedy, and to stoppe the running of the flux thus.

Remedy for the flux in a chyld.

First make a bath of herbes that do restryayn, as of plaine tain, sainte Johns weede, called Ipericon, knotgrasse, bursa pastoris & other such or some of the, & use to bath him in it, as hote as he may wel suffer, the wrap hym in with clothes, and lay hym downe to slepe. And

The Booke

And if ye see by this twise or thysse vsing that the belly be not stopped: We may take an egges yolke hard roasted and grynde it with a litle saffrō, mirrhe and wyne, make a plaister, & apply to y^e nauil hote. If thys succede not, then it shalbe necessary for to make a pouder to geue him in his meate, with a litle suger, & in a smal quantity thus Take the pouder of hartes horne bryt the pouder of goates clawes, or of swynes clawes bryt, the pouder of the sedes of roses which remain in the berry when y^e rose is fallen, of euery one a porcion, make the berry fine, and with good red wyne or almond milke, and wheate flour, make it as it were a paste, and drye it in lytle balles til ye see necessite, it is a singuler remedy in all suche cases.

Item the milke wherein hath ben sodden white paper, and after ward quenched many hote yrons or gaddes of Steele, is exceeding good for thesame intent to drynke.

And here is to be noted, that a naturall fluxe is neuer to bee feared afore the seventh daye, and except there issue bloude, it ought not to be stopped afore the sayde time.

Pouder

of chyldren.

Powder of the herbe called knotgrasse,
oz the iuice therof in a posset dronken, oz a
plaister of the same herbe, and of bursa pa-
storis, bole armony, and the iuice of plan-
tain with a litle vineger, and wheat floure
is excedyng good for the same cause.

Also the ryndle maue of a younge suc-
king kydde geuen to the childe, the weight
of .x. graynes, with the yolk of an egge soft
rosted, and let the pacient abstayne from
milke by the space of two houres before &
after, in stede whereof ye maye geue a ro-
sted quince oz a wardon with a litle suger
and sinamome to eate.

Item another goodly receypte
for the same intent.

Take sozell seede, and the kernelles of
great raynsins dyed, acorne cuppes, & the
seede of white poppe, of eche two drammes
saffron a good quantitie, make the in pou-
der and temper the with the iuice of quin-
tes, oz sirupe of red roses, this is a soue-
rain thing in al fluxes of the wombe.

Manye other thynges are wrytten of
authorz in the saide disease, whiche I here
leauue out for breuitie: & also because y^e afore
rehersted medicines are sufficiēte inoughe
in a

The Booke

in a case curable, yet wil I not omit a goodly practise in the said cure.

The pesil of an hart oz a stagge dreyed in powder & dronken, is of great & wonderful effect in stopping a flux. Which thing also is approued in the liuer of a beast called in english an otter. The stones of him dreyed in powder, a litle at once. xxx. daies together, hath healed men for ever of the falling euil.

Of stoppyng of the belly.

Euen as a flux is dangerous, so is stoppyng and hardnes of the bellye grievous & noisom to the chylde, & is often cause of the cholike & other diseases.

Wherefore in this case ye must alwaye put a litle hony in the chylde's meate: and let the nurse geue him hony to sucke vpon her fynger, and if this wyl not helpe, then the nexte is to mixe a litle fine and cleare turpentine with hony, and so to resolve it in a saucer, and let the childe sup of it a litle. This medicine is described of Paulus Aegineta, and recyted of dyuerse oether as a thyng verye holesome and agreyng to the nature of the chylde: for it doeth not onely losen the bellye wythoute greef

of chyldezen.

or daunger, but doth also pource the liuer and the longes, with the splene and kidde-
neys, generally comfortyng al the spiritu-
al members of the body.

The gal of an ore or a colwe layde vpon
a cloute on the nauyll, causeth a chylde to
be loose bellied, like wyle an emplaister of
a roasted onion, the gall of an ore, and but-
ter layde vpon the belly as hote as he may
suffer. If these wyl not helpe, ye shal take
a lytle cotten, and dipped in the sayd gall,
put it in the sayd fundament.

Of wormes.

There bee diuers kindes of wormes
in the belly, as long, short, round, flat
and some small as lyce, they bee all
engendred of a crude, grosse, or phlegma-
tike matter, and neuer of choler nor of
melancholy, for all bitter thynges kylleth
them, and all sweete meates that en-
gender fleume, nouryssheth and feedeth
thesame. The sygnes dyffer accorpyng to
the wormes. For in the longe and round,
the pacient commonly hath a drye coughe
payne in the belly about the guttes, some
time wearyng and trembling in the nyght
and start sodainly and sal a slepe agayne,
other

The Booke

other whiles thei gnashe and grinde theire
teeth together, the eyes ware holowe with
an eiger looke, and haue greate delyte in
slembing & silence, very loth when they
are awaked. The pulse is incertayn, & ne-
uer at one stay, sometime a feuer with gret
colde in the ioyntes, which endureth three
or foure houres in the night or day, many
haue but smal desire to meate, and when
thei desire they eate very gredelye, which
if thei lacke at their appetite, they forsake
it a great while after, the hole body consu-
meth and wareth leane, the face pale or
blew: sometime a flux, sometimes domyte, &
in some the belly is swollen as styffe as a
taberet. The longe and brode wormes are
knownen by these sygnes, that is to saye,
yelownes or whitishnes of the eyes, in-
tolerable hunger, great gnawynge & gry-
pyng in the belly, specialllye afoze meate,
water comming out at the mouth, or at
fundament, continuall yteche and rubbing
of the nosethylles, sonken eyes & a stynk-
yng breath, also when the pcrson doth hys
easement there appereth in the donge lyt-
tle flat substaunces, muche lyke the seedes
of cucumers or gourdes.

The

of chyldren.

The other lesse sorte are engendred in the great gutte, and may well be knowen by the cecedyng ych in the fundamēt with in, and are oftentimes seene commynge out with the excrementes. They bee called of phisicians ascarides.

Remedy for woymes in chyldren.

The herbe that is found growing vpon oysters by the seas syde, is a singuler remedy to destroy woymes, & is called therefoze of the Grekes Scolitabotani, that is to say, the herbe that kylleth woymes: it must be made in pouder, and geuen with swete milke to the chyld to drynke. The phisicians call thesame herbe corallino.

A singuler receipt for

to kyll woymes.

Take the gall of a bull or ore, newelye killed, & stampe in it a handfull of rūmyn, make a plaister of it, and lay it ouer all the belly, remouing thesame every. vi. houres.

Item the gall of a bull with seedes of colocynthis, called colocuntida of the apothecaries, and an handfull of baybernus wel made together in a plaister, wyth a sponesfull of strong vinegar, is of great effect in the same case.

The Booke

If the childe bee of age or stronge complexion, ye may make a fewer pylls of aloes, and the powder of wormelee, then wynde the in a piece of a singing lose, and anoynte them ouer with a lytle butter and let them be swallowed downe hole without chelwpyng.

Of swellpyng of the nauyl.

If a chylde lately borne, and tender, sometyme by cuttynge of the nauyl to nere, or at an inconueniente season sometyme by swadlyng or byndpyng amysse or of muche cryng, or coughpyng, it happeneth otherwhyles, that the nauyll aryseth and swelleth with great payne apostemacion, the remedy wherof is not muche different from the cure of blcers, sauing in this that ye ought to apply thinges of lesse attraccion, then in other kynde of blcers, as for an example. ye may make an oymment vnder this fourme.

Take spyke or lauender, half an ounce, make it in powder, and with thre ounces of fyne and cleare turpentyne, temper it in an oymment, addyng a porciõ of oyle of swete almonds. But if it come of cryng, take a litle beane floure, & the ashes of fine linnen

of children.

lynnen cloutes brent, and temper it with red wine and hony, and lay it to the soze.

A plaister for swelling in the nauyll.

Take colwes donge, and drye it in powder, barley floure, and beane floure, of ech a porcyon, the iuyce of knotgrasse a good quantitie, cumine a lytle, make a plaister of al and set it to the nauyll.

An other.

Take colwes donge and seeth it in the mylke of thesame cowe, and lave it on the grieve. This is also marcurplous effectnall to helpe a sodayne ache or swelling in the legges.

Of the stone in chyldren.

The tender age of children as I said afore, is vered and afflicted wth many greuous and peryllous dyscaies among whom there is few or none so violent or more to be feared in them, the that whiche is most feared in al kindes of ages that is to say, the stone, an honge and a pitiful dyscase, euer the more entrecasynge in dayes, the more rebellynge to the cure of physike.

Therefore is it exceadyng dangerous
A. i. whan

The booke.

Whan it falleth in chyldren, for asmuche as nether the bodyes of them may be well purged of the matter antecedit, called humors peccans, nor yet can abyde any violent medicine hauing power to breake it, by reason wherof the layd disease acquirith such a strength aboue nature, that in procelle of tyme it is vtterly incurable.

Yet in the beginning it is oftentymes healed thus.

First let the nurce be wel dyeted, or the chyld, if it be of age, abstayning from all grosse meates, and hard of digestyon, as is beafe, bacon salt meates and cheese, then make a poulder of the rote of peony dried, and myngle it wyth as much hony as shal be sufficiente, or if the childe abhorre hony make it wyth suger, molten a lytle by the coales, and geue therof vnto the childe more or lesse, accorpyng to the strengthe, twyse a daye, tyll ye see the byrne passe easily, ye maye also geue it in a reere egge, for wythout doubt it is a synguler remedy in chyldren.

An ornement for thesame.

Oyle of scorpions, if it may bee gotten, is exceeding good to annoynte withal the members,

of children.

members, and the nether part of the belly
right against the bladder, ye may haue it
at the apothecaries.

A singuler bath for the
same entent.

Take mallowes, holphocke, lily rotes,
linsede, & parietary of the wall, seeth them
al in the broth of a shepes head, and therin
use to bath the child oftentymes, for it shal
open the straytnes of the cōdytes, that the
stone may issue, swage the payne, & bryng
out the grauel with the bryne, but in moze
effect whan a playster is made, as shall be
saped hereafter, and layed vpo the raynes
and y belly, immediatly after y bathyng.

A playster for the stone.

Take parietary of y wal, one portion &
stāpe it, doues donge another porcion, and
grynde it, thā fry thē both in a panne, w a
good quantytye of freshe butter, & as hote
as may be sufferēd, lay it to the bellye and
the backe, and from .iiii. houres to. iiii. let
it be renewed.

Thys is a souerain medicine in al maner
ages. Itē an other poulder whiche is made
thus.

Take the kernels or stones that are
ii. found

The boke.

solide in the fruite, called openers oz melapiles, oz of some medlars.

Take them in fyne powder, whych is wonderful good for to breake the stone wth out daunger, both in yonge and olde.

The chestwormes dzyed and made in fyne powder, take wyth the broth of a chicken, oz a lytle suger, helpeth them that can not make their bryne.

Of pissyng in the bedde.

Many tymes for debilitie of vertue retentive of the reynes oz bladder as wel olde men as chyldren, are oftentymes annoyed, whan they bryne issueth out ether in their slepe oz wakig agaynst their wils, hauing no power to retyne it whan it commeth, therfore if they wil be holpen, first they must auoide al fat meates til the vertue retentive be restored agayne, and to vse thys powder in their meates & dzynkes. Take the welsande of a cocke, & plucke it, than bzen it in powder, & vse of it twyse oz thryse a day. The bones of an hedgehogge poudzed is of the same vertue.

Itē the clawes of o goate, made in powder dronken, oz eaten in portage.

of chyldren.

If the patient be of age, it is good to make fyne plates of leade, wth holes in the and let them lie often to the naked backe.

Of burstyng.

The causes of it in a chylde are many, for it may cōe of very light occalyons, as of great cryng, and stoppyng the breath, byndyng to strayght or by a fall, or of to greate rockynge, and such like, mai cause the filme that spredeth ouer the belly, to breake or to flake, and so the guttes fall down into the codde, which if it be not betterly incurable, may be healed after thys sorte.

First lay the patient so vpon hys backe that hys heade may be lower than hys heles, than take and reduce the bowels with your hande into the due place, afterwarde ye shal make a playster to be layed vpon the coddes, and hounde with a lace rounde about the backe, after thys fourme.

Take rosin, frankysence, mastyke, cumyne, lynesede, and anyse seede, of euery one a lyke, pouder of osmundes rootes, that is to saye, of the brode ferne, the fourth parte of all, make a playster wth suffycient oyle olyue, and fresh swynes greace, &
A.iii. spreade

The booke

Spredde it on a lether, and let it continue (except a great necessitie) two or thre weekes, after that apply an other lyke, tyll ye see amendement. In thys case it is very good to make a powder of the heares of an hare and to temper it wth suger or conserve of roses and geue it to the chyldc twyse every day. If it be about the age of .vii. yere ye maye make a singuler receite in dzyinke to bee taken every day twyse, thus.

A dzyinke for one that is
brullen.

Take maffelon, daylies, conserve, and osmundes, of every one a lyke, seeth them in the water of a synthes forge, to the .iii. part, in a vessell couered, on a soft fyre, thā strayne it and geue to dzyinke of it a good draught at once morning & eueninge, ad- dyng euermore in hys meates & dzyinkes, the powder of the heare of an hare, beeyng dzyed.

Of fallyng of the fun-
damente.

MAny tymes it happeneth y^e the gut called of the latines rectū in testy- nū, falleth out at the foundamente and cannot be gotten in again wthout pain and

of chyldezen.

and labour, whyche disease is a common thing in chyldezen commynge oftentimes of a sodayne colde or a lōg lare, and may well be cured by these subscribed medicines.

If the gutte hath bene long out, and be so swollen that it cannot be reposed, or by coldnes of the aire be congeled, y^e best counsell is to let the chylde lye on a hote bathe, made of the decoction of mallowes, hollyhocke, lynesede, and the rootes of lypes, wherein ye shal bath the fundament with a soft clout, or a sponge, and whan the place is suppled thrust it in agayn, whych done, than make a pouder thus.

A pouder for sallyng of the fundament.

Take the pouder of an hartes horne brent, the cuppes of acornes dreyed, rose leaues dreyed, goates clawes bryet, y^e rind of a pōegranate, & of galles, of euerye one a porcyon. Make the in pouder, and strow it on y^e fundament. It shall be y^e better yf ye put a litle on y^e gut, afore it be reposed in y^e place, & after it be setled, to put more of it vpon the fundamēt, thā bind it in wth hote linnen clothes, & geue y^e childe quices or a rosted warden, to cate wyth cinamome & suger.

A.iiii.

Another

The booke

Another good pouder for
the same.

Take galles, mirre, frankinsence, masticke, and aloes, of euery one a little make the in a pouder and strow it on the place.

A litle tarre with gorsegreace, is also very good in thys case.

An other good remedy.

Take the wolfe from betwene the legs or of the necke of a shepe, whych is full of sweate and fatty, than make a iuyce of brisset lekes, and dip the wolfe in it, and lay it to the place as whote as may be suffered, & whan it wareth colde remoue it and apply an other hote, thys is a very good remedy for falling of the fundament.

If the chyldre prouoke many tymes to seege, and can expell nothyng, that disease is called of the Grekes tenelmos, for the which it shalbe very good to apply a plaster made of gardyn cressis and of cumine in lyke quantitie, fry them in butter, and lay it on the belly as hote as he may suffer.

It is also commended, to fume the nether partes with turpentyne and pytch, and to sit long vpon a bourde of cedar or iuniper, as may be possible.

Chafyng

of chyldezen

Chafyng of the skinne.

In the flankes, armeholes, & vnder þe
eares, it chaunceth oftentymes that
the skin fretteth, eyther by þe childes
own brine, or for the defaute of washyng
or els by wꝛappynge and keepynge to hote.

Therfore in the begynnyng, ye shal an-
noynt the places with fresh capōs grease,
then if it wil not heale, make an oyntmēt,
and lay it on the place

An oyntement for chafyng and gallyng.

Take þe roote of the floure deluice dried
of red roses dꝛyed, galingale and mastike,
of eche a like quantitie, beate the into most
subtile pouder: than with oyle of roses, or
of lynese, make a soft oyntment.

Item þe longes of a wether dꝛyed, and
made in very fine pouder, healeth all cha-
fynge of þe skinne: and in like maner the
fragmentes of thomakers lether bꝛēt, and
cast vpon the place, in as fyne pouder as
is possible, hath the same effect, which thig
is also good for the gallyng or chaffing of þe
fete, of whatsoeuer cause it commeth.

Item beane floure, barley floure, and þe
floure of fitches tempered with a litle oyle
of

The Booke

of roses, maketh a souerain oynment for the same intent.

If the chafynge be great, it is good to make a bathe of holihocke, dill, violetttes, & limesede, with a litle bran, then to washe y^e same places oftentymes, and lay vpon the soze, some of the same thinges. The decoction of plantain, bursa pastoris, horse taylor, and knotgrasse, is exceeding good to heale all chafynge of the skin.

Of small pockes and measels.

This diseale is comō and famillier called of the grekes by the general name of *eranthemata*, & of *Blennie papule et pituite eruptiones*, notwithstanding the consent of writers, hath obtained a distinction of it in .ii. kindes: y^e is to say, *varioli* & *measles*, & *morbili* called of vs the small pockes. They be both of one nature, & procede of one cause, sauing that y^e measles are ingendored of the inflammation of bloude, and the small pockes of the inflammation of bloud myngled with choler.

The signes of them bothe are so manifest to sight, y^e they neede no farther declaration, for at the fyrst, some haue an yte and a fretting of the skynne as yf it hadde bene

of chyldren

beene rubbed with nettels, pain in y^e heade
& in the back, the face red in colour & flecked, feare in y^e slepe, great thirst, rednes of y^e eyes, beatyng in the temples shotyng and pryckyng through al the body, then anone after when thei bzeak out, they be seen of dyuers fashions & fourmes, sometimes as it wer a drye scab or a lepry spyredyng ouer al the mēbers, otherwhiles in pusshes pimples & whayles, rennyng with much corruption & matter, & with great payn of the face & throte, drynes of the tong, hozenes of voice, and in some quivering of y^e heart with swoownyng. The causes of these euyl affiections, are rehearsed of authours, to be chiefly foure. First of the superfluityes which might be corrupt in y^e wombe of the mother, y^e chyld there beyng, & receyuing y^e same into y^e pores, the which at that tyme for debilitie of nature, coulde not be expelled, but the childe encreasing after ward in strength, be dzyue out of y^e beines into the upper skin. Secōdarily it may cōe of a corrupt generaciō, y^e is to say, whā it was engēdred in an euill seasō, the mother beyng sick of her natural infirmity, for suche as are begotten y^e tyme very seldom escape y^e dysease of lepry. The

The Booke

The third cause may be an euil dyete of
þe nourse, or of the childe it self, whan they
fede vpon meates þe encrease rottē humors,
as milk & fish both at one meale, lyke wyse
excesse of eating and drynking, and surfet.

Fourthly this discaise commeth by the
way of contagion, whan a sick person in-
fecteth an other, and in that case it hath
great affinitie with the pestilence.

Remedy.

The best & most sure helpe in thys case,
is not to medle with any kind of medicins
but to let nature work her operacion, not-
withstanding yf they be to slow in coming
out, it shalbe good for you to geue þe chylde
to drinke sodde milk & saffron, and so keepe
hym close and warme, wherby they may
soner issue forth, but in no case to admini-
ster any thing yf might either repress the
swelling of þe skin or to coole the heate yf is
within the members. For if this discaise
which shoud be expelled by a natural accio
of the body, to the long health afterwarde
of the paciēt, wer by force of medicine cou-
ched in again it were euē ynough to de-
stroy þe childe. Therfore abide þe ful bricking
out of þe payde wheales, & the (if they be not
rype)

of chyldeyn.

rype) ease & chylde's pain by making a bath of hollyhock, dyl, camomyl, & fenell, yf they be ripe & matter, then take fenell, worme-wood and sage, & seeth the in water, to the thyrd part, wherin ye may bath hym with a fine cloth or a sponge. Alwayes prouided y he take no colde during the tyme of hys sickness. The wine wherin figs haue bene sod, is singuler good in the same case, and may be wel bled in all times and causes.

If the wheales be outrageous & greete, with much corosion and benym som make a decoction of roses and plantayne, in the water of oke, and dissolue in it a litle englysh hony and camphore. The decoction of water betony, is approued good in y sayde dysseases. A lyke wyse y oinment of herbes whereof I made mencion in the cure of scabs, is excedyng holesom after the sores are rype. Moreouer it is good to droppe in the patientes eyes, fye or sixe times a day a litle rose or fenell water, to comforte the syght, lest it be hurt by continual renyng of matter. This water must be minystrid in the sommer colde and in the winter yeought to apply it luke warme.

The same rosewater is also good to
gargle

The Booke

gargle in his mouth, if the chylde bee then payned in the throte.

And lest the conduites of the nose shuld be stopped, it shalbe expedient to lette hym smel often to a sponge wete in the iuice of sauery, strong byneger, & a litle rose water.

To take away the spots and scarres of the smal pockes and meassils.

The blood of a bull or of an hare is much comended of authoꝝ to bee anoynted hote bpō y scarres, & also y licour y yssueth out of shpes claws or goates claws, het in y fire. Item the dropping of a sygnet or swan layde vpon the places oftentimes hote.

Feuers.

If the feuer vse to take the chylde with a great shakynge, & afterward hote, whether it be cotidian or tertian, it shalbee singular good to geue it in drinke, the blacke seedes of peony made in fine pouder, searced and mingled with a litle suger. Also take plaine tain, fetherfew, & berueyn, and bath the childe in it once or twise a daye, binding to the pulces of the handes and fete a plaister of the same herbes stayed, and prouoke the child to sweate afoze the fit cometh.

Some

of chyldren.

Some gene counsell in a hote feuer, to apply a colde plaister to the bzeast, made in this wise. Take the iuyce of wormewood, plantayn, mallows and houlle ke, & temper in them as muche barley floure as shall be sufficiet, and vse it. Or thus & moze better in a weake patient.

Take drie roses and pouder them then temper the pouder with the iuice of endiue or purcelane, rose water, and barley floure and make a plaister to the stomake.

Itē an ointmēt for his temples, armes and legges, made of oyle of roses, and populeon, of eche like muche.

A good medicine for the
ague in chyldren.

Take plantain with the roote, & washe it, then seeth it in a faire runnyng water to the third part, wherof ye shall geue it a draught (if it be of age to drynk) with sufficient suger, & lay the sodden herbes as hote as may be suffred, to the pulses of y hands and fete. This must be done a litle afore y fit, and afterward couer it with clothes,

The oile of nettels, wherof I spake in y title of stiffness of limmes, is exceeding good to annoynt the mēbers in a colde shaking ague.

The Booke

Of swelling of the coddess.

To remoue the swelling of the coddess proceeding of ventositie, or of anye other cause (except brustynge) whether it be wth inflammation or without, here shal be rehersted many good remedies, of which ye may vse, accordyng to y^e quality & quantitie of the grief: alway prouided, y^e in thys disease, ye may in no case apply anye respercassiuues, y^e is to saye, set no colde herbes to dryue y^e matter back, for it would than retorne again into the bodye, & the congelacion of such a sinowye me^mber, would peraduenture mortify the hole. And aboue al, ye may set no plaister to the stones, wherin humlock entreth, for it wyl depriue the for euer of their growp^{ng}, & not onely the but the brestes of wenches, whan they bee anoynted therewith, by a certayn qualite, or rather an euill proper^{ty}e beyng in it.

A goodly playster for swelling of the stones.

Take a quart of good ale wort and sette it on the fire to seeth, with y^e crummes of broken bread strongly leuened, & a handfull of cummin or more in pouder, make a plaister with all this and sufficient beane flour.

of children.

on the fyre by them selfe, wythoute lyconr
fyre them and bray them wyth a strong
hande, tyl there arysse as it wer a froth or
spume of oyle to the mouth of the vessel,
then presse the yolkes and reserue the ly-
coure, thys is called oyle of egges: a verye
precyous thyng in the foresayed cure.

Moreouer there is an oynmente made
of thepes donge fyled in oyle or in swines
greace, than put to it a lytle ware, and vse
it. Also take quicke lyme and washe it in
beriuce. *sc.* or. *x.* tymes, than mingle it with
oyle, and kepe it for thesame entent. Item
the iurce of the leaues of lylpes. *v.* partes,
and vineger one part, hony a litle, maketh
an excellent medicine, not only for this en-
tent, but for all other kynde of hore and
runnyng blcers. Note that whatsoeuer ye
vse in this case, it must be lated vnto bloud
warne. Also for auoydyng of a scarre kepe
the soze alwaye moyste wyth medycyne.

Of kybes.

The kybes of the heeles, are called in
latyne pernitones, they procede of
colde, and are healed wth the subscrip-
bed remedies. A rape roote roasted wyth a
litle fresh butter, is good for the same grief
¶.iii. Item

The boke.

Item a dosen sygges, sodden and stamp-
ped wth a litle galegrese, is good. For the
wormes sodden in oyle, hath the same ef-
fecte.

Item the skin of a mouse clapped al hote
vpon the kybe: wyth the heare outwarde, &
it should not bee remoued durynge three
dayes.

A plaister for a kybed heles.
Take new butter, oile of roses, hennes
greace, of ech an ounce, put y^e butter and y^e
greace in a bigge rape rote, oz in lacke of it
in a great apple, oz onio, & whā it is roasted
soft, bray it wyth the oile, and lai it plaister
wyse vpon the kybe.

An other.
Take y^e meate of apples & rapes roasted
on y^e coles, of ech. iiii. ounces, fresh butter. ii.
ounces, duckes grease oz swānes greace, an
ounce, stampe the al in a morter of lead if it
may be had, oz els grinde them on a fayre
marble and vse it.

Of consumpcyon oz leanes.
If a childe consumeth oz waketh
leane wthout any cause apparāt, ther
is a bath comended of authoures, to
wash y^e child many tymes, & is made thus.

Take

of children.

Take y^e head & fete of a wether, seth the^e full
y^e bones fat a linder, vse to bath y^e childe in
this licour, & after annoynt hym wth thys
oyntment folowynge. Take butter wthoute
salt, ople of roses and of byolets, of ech an
oūce, the fat of raw porke, halfe an ounce,
waxe a quartern of an oūce make an oint-
ment; wher to the childe must be rubbed eue-
ry day thise, thys wth good sedynge shal en-
crease his strength by the grace of God.

Of gogle eyes.

Thys impedymēt is neuer healed but
in a very yong childe, euē at the beginning
wherunto there is appoynted no manner
kynd of medicine, but oly an order of ke-
pyng, that is to saye, to lay the chylde so in
hys cradelle, that he may behold directe a-
gaynst y^e lyght, & not to turne hys eyes on
ether of both sides. If yet he begi to gogle,
than set y^e cradell after such a fourme, that
the light may be on y^e contrary syde: y^e is,
on y^e same syde frō whence he turneth hys
eyes, so y^e for desyer of lyght he may direct
thē to the same part, & so by custome bring
thē to y^e due fashio, & in y^e night, ther ought
to bee a candell set in likewise to cause him
to beeholde vppon it, and remoue hys
F.iii. eyes

The boke.

eyes from the euil custom. Also grene clothes, yelow, or purple, ar very good in this case to be set, as is said afore. Furthermore a copse or a byggen standynge out besides hys eyes, to constrain the syghte to be holde dyrecte forwarde.

Of lyce.

Sometyme not onely chyldren but also other ages, ar annoied wth lyce they procede of a corrupt humoure and are engendred wth in the skinne, crepig out a lyue throug^h the pores, which if they begin to swarme in excreadyng number, & dysease is called of the grekes *Phthiriasis* wherof Herode dyed, as is wrytten in the actes of Apostles: and amonge the Romanes Scilla, whych was a great tyrant and many other haue been eaten of lyce to death, whych thyng, whan it hapneth of p^lage of god, it is past remedy, but if it proceed of a natural cause, ye may wel cure it by the meanes folowynge. Fyrst lette the patient abstayne from all kynde of corrupte meates, or y^e brede steeme, & among other, fygges & dates, must in thys case be bitterly abhorred. Thā make a lauatozy to wash & scoure the body twise a daye, thus.

Take

of chyliden.

Take water of the sea, or els brine, & strōg
lye of ashes, of eche a like porcion, worme-
wood a handfull, seeth them a whyle, and
after washe the body with thesame licour.

A goodly medicine for to kill lyce.

Take the groundes or dregges of oyle,
aloes, wormewood, and the gal of a bul, or
of an ore, make an oyntment which is sin-
guler good for thesame purpose.

An other.

Take mustarde, and dissolue it in by-
neger, with a lytle salt peter, and annoynt
the places, where as the lice are wonte to
brede.

Item an herbe at the apothecaries cal-
led stauesacre, brymstone, and vineger, is
excedyng good.

It is good to geue the pacient often in
his drinke, powder of an harts horne bzet.

Stauesacre with oyle is a maruellouse
holesome thing in this case.

An expert medicine to
dyeue awaye lice.

Take the groundes or dregges of oyle,
or in lacke of it, freshe swines grease, a
sufficient quantitie, wherein ye shal chase
an ounce of quicksilver tyll it be al conker
into

The Table.

into the grease, than take powder of Staue,
sacre ferled, and mingle altogether, make
a girdle of a wollen list mete for the middle
of the pacient, and all to annoynte it ouer
with the sayd medicine, than let him weare
it continually next his skin, for it is a sin-
guler remedy to chase away the berymme.
The onely odour of quicksilver killeth lice

These shalbe sufficient to declare at this
tyme in this litle treatyse of y cure of chil-
dren, which if I may know to bee thanke-

fully receiued, I wil by gods grace sup-
ply more hereafter: neyther desyre I

any longer to lyue, then I wyl

employ my studies to the ho-

noure of G D D, and pro-

fitte of the weale.

publyke.

Thus endeth the Woke of chil-

dren, composed by Thomas

Whayer, studious in phi-

losophie and Phi-

sycke.

The contentes of the Regiment of life.

Of diseases and remedies of the head.
Pain coming of choler.

Pain caused of fleume.

Pain caused of melancholye.

Regiment for al headache.

Remedy for headache of all causes.

Of diseases in the face.

To pallify a face incurable.

For rednes of the face.

For cankers, bleers, & Polime tangere.

For wormes in the face.

A purgacion for thesame.

Dyete for thesame sicknes.

For the eyes, and to quicken the sight.

For payn in the eyes.

For bloudshoten eyes.

For swelling of the eyes.

For sore eyes.

For great payne in the eyes.

For rednes in the eyes.

For hardnes in the eyes.

For al rednes of eyes.

To drye the eyes.

For

The Table.

For webbes in the eyes.
Regement for diseases in the eyes.
For infirmities in the eares.
For stinking of the nose.
For nosebleading.
Remedy for toothache,
To make teeth whyte.
Remedies for diseases in the breste.
For a hoarse voice.
For the cough.
For shortnes of wynde.
For asthma.
An oynment for the breate.
Regiment for the same.
Remedyes for pchilicke.
For the pleuresy.
For dysleas in the rybbes.
Weakenesse of the heart, and the cure.
Swolwynng.
For dysleas of the stomake.
For weakenes therof.
For abhorryng of meate.
For belchpng.
For wyndynes therof.
For the hicket.
Regiment for the hycket,
For vomitting.



